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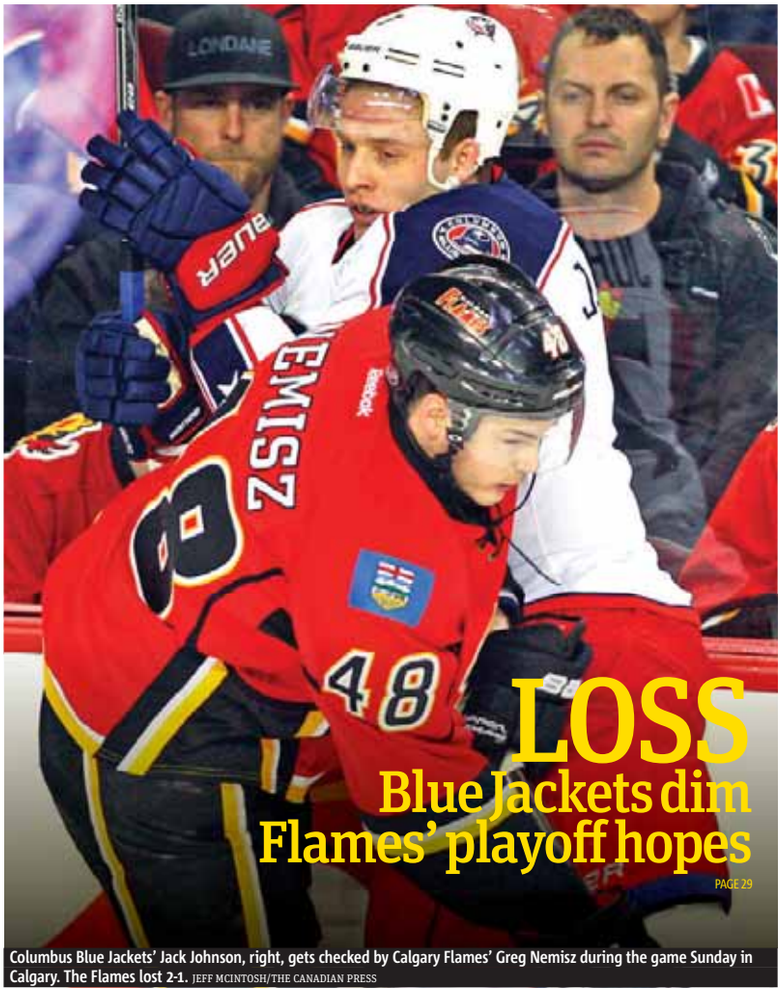

Columbus Blue Jackets' Jack Johnson, right, gets checked by Calgary Flames' Greg Nemisz during the game Sunday in Calgary. The Flames lost 2-1. JEFF MCINTOSH/THE CANADIAN PRESS

LOSS
Blue Jackets dim Flames' playoff hopes

PAGE 29

No time for budget talk: Alderman

Tax discussions.
Council will revisit property tax talks today at city hall

KATIE TURNER
katie.turner@metronews.ca

With the province increasing their share of the education property tax, some aldermen argue it could be too late to find a solution that would keep the increase to Calgary taxpayers at six per cent.

Council agreed upon a six per cent increase to their portion of the residential property tax but the province is expected to increase their take, bumping the combined increase to roughly 6.5 per cent.

Ald. Gord Lowe said the city simply doesn't have time to revisit their budget.

"As I see it, for the short term, we pass the mill rate bylaw as presented," he said. "Quite frankly, to get the tax bills out in time, we don't have time to go back and revisit that."

First-term Ald. Shane Keating disagrees, however, stating that, even if Calgarians receive a credit to their account, there's an opportunity to maintain a lower tax increase.

"We always have time if you're talking about not taking as much in taxes from the residents."

Travellers in limbo

Hundreds of passengers were stranded at the airport due to weather delays and reports of Air Canada pilots calling in sick PAGE 4

St. Patrick's Day mayhem

Late-night neighbourhood riot near Ontario college led to 11 arrests and caused at least $100,000 in damage to city property PAGE 6

Charges loom in wake of Afghan attack

U.S. Army sergeant accused of killing 16 PAGE 10

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Alberta to vote

Election writ set to drop after Wednesday budget

The governing Progressive Conservatives and the upstart Wildrose party are running one-two in the polls as Premier Alison Redford prepares to call the campaign shortly after her caucus passes the budget on Wednesday.

"I think people are pretty anxious to get to the polls, as am I," Redford said.

Redford is running in her first election as premier since taking over as party leader from Ed Stelmach last fall.

The Tories have been in power for more than 40 years with 11 consecutive majority governments, alternating between solid and crushing victories.

They have crushed all comers from the left side of the spectrum, but this time face one coming at them from the right.

The Wildrose party, under leader Danielle Smith, has become a threat to the Tories by co-opting the traditional conservative agenda of balanced budgets and reduced spending abandoned by the Tories under Stelmach and Redford.

They have capitalized on public discontent with recent land laws, some of them rescinded, that gave cabinet sweeping power to grab private land and cancel leases to build infrastructure.

But some of the Wildrose's most dangerous weapons were handed to them.

Redford's team has been left reeling in recent weeks by a string of troubling and embarrassing revelations.

An investigation into envoy Gary Mar, a committee being paid and not meeting and alleged donation improprieties are among the election ammunition for the Wildrose party.

THE CANADIAN PRESS

Close friend Tien Nguyen kneels before a memorial for Mario Gomez outside the Sunset and Vine Pub and Eatery on 68th Street Northeast. Friends say Gomez was the victim of a stabbing on Saturday night. MEGAN MAHONEY/FOR METRO

'Everybody that knew Mario loved Mario'

Memorial. Police are still piecing together clues after a 22-year-old Calgary man was stabbed outside a city restaurant Saturday

MEGAN MAHONEY
Metro

Friends and family gathered on Sunday to remember and mourn the loss of Mario Gomez.

Gomez was identified by those close to him as the victim in a weekend stabbing at the Sunset and Vine Pub and Eatery on 68th Street Northeast, though police have yet to confirm the identity of the victim.

Outside the pub a small memorial had been set up with flowers, photos and trinkets in memory of Gomez.

"He was a really nice guy who always had a smile on his face," said Tien Nguyen, a friend of Gomez.

Gomez, 22, had just started school at CDI College in Calgary, friends said.

Close friend Chantelle Desrosiers could hardly speak as she fought back tears.

"Everybody that knew Mario loved Mario. He had a heartwarming smile, he'd light up a room every time he came in," Desrosiers said.

"I've known him for 11 years. He's always been there no matter what, if you needed him he was there."

Shea Quiring was another close friend. She said she had known Gomez since she was seven years old.

"His family was number one in his life and they always came first," Quiring said.

The investigation is ongoing, said Duty Insp. Paul Stacey of the Calgary police, though he added investigators don't believe it was a random attack.

"With so many witnesses to examine, it takes time. We are expecting the autopsy to occur (Monday) or early this week."

Police investigation

- **25 witnesses.** Police said 25 witnesses were taken in for questioning after the stabbing, which took place at about 1:45 a.m. on Saturday.
- **Police seek public help.** Anyone with information is asked to call police at 403-266-1234.

1 NEWS

Mobile news

Officials in Marseille are evacuating an area around the French Mediterranean city's port so they can remove a bomb that dates to the Second World War. Scan the code for the story.

On the web

Nothing says St. Patrick's Day like a riot

St. Patrick's Day celebrations turned ugly as 1,000 rioters squared off with London, Ont., police and firefighters Saturday night. Watch at metronews.ca/video

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Centre of the universe. Albertans arrogant: Poll

The city that likes to consider itself the Centre of the Universe now thinks that Calgary and Edmonton are the ones getting too big for their britches.

At least, that's the conclusion of extensive polling done for the Alberta government into how its citizens are seen elsewhere in Canada.

"In Toronto, we found clear evidence of frustration that Alberta was becoming a stronger pillar and a more central agent in terms of Canada's economy, eclipsing Ontario in some respects," said a report on the Harris Decima poll, released in 2009 but unpublicized until now.

The poll found 40 per cent of non-Albertan respondents felt Albertans didn't care much about the rest of Canada. More than a quarter described Albertans as greedy and another quarter found them arrogant.

THE CANADIAN PRESS

RCMP

Man charged after woman found hiding in dryer

RCMP paid another visit to a Turner Valley residence after reports of a domestic disturbance Friday evening and found a woman hiding inside a dryer. The male at the residence was recently charged with assault on the wife and told not to have contact with her. METRO

Charged

86-year-old woman assaulted in her home

Shannon Roy Hillman, 30, of Calgary was charged with the alleged assault of an 86-year-old woman in her home Friday, as well as that of a 65-year-old hotel worker a day later, police said. Hillman is scheduled to appear in court today.

METRO

Police. Few incidents for St. Paddy's weekend

It seems as though the luck of the Irish was with Calgarians this year, as St. Patrick's Day was celebrated without any major incidents to report.

Calgary police Duty Insp. Paul Stacey was pleased with the overall demeanour of Calgarians during their celebrations.

"We didn't have any problems occur that weren't expected. There were a few little disturbances here and there, but nothing major," said Stacey.

Calgary EMS did, however, see a spike in calls.

"Over the last two nights we certainly saw an increase in the number of EMS calls and in the number of assaults relating to substance abuse," said spokesperson Stuart Brideaux of the Calgary EMS.

Calgary Police said they did not change their enforcement strategy for the weekend.

MEGAN MAHONEY/FOR METRO

Some travellers waiting to fly Air Canada out of the Calgary International Airport were met by delays and cancellations Sunday. METRO FILE

Air Canada passengers idle at Calgary airport

Delayed. St. Patrick's Day weekend travel wasn't so lucky for some, as hundreds of Calgary passengers were left stranded

ERIC FRASER
calgary@metronews.ca

Customers of Air Canada leaving Calgary were in for a long wait Sunday as the airline announced mass delays.

Air Canada cites the delays and cancellations as due to weather and mechanical issues across the country.

Brittany Marshall, a student from Toronto was delayed in Calgary on a stop-over on her way back home.

"We were supposed to go to Toronto in a few hours; that's obviously not happening," Marshall said Sunday.

Jody Moseley of the Calgary Airport Authority disputes that Air Canada flights were behind schedule.

"Everything is running on time; it's March Madness, there are going to be a few delays," Moseley said.

Edmontonian Ryan Short came into Calgary to send his young daughter to Halifax, as Air Canada is the only airline to permit unaccompanied children on flights, he said.

"I'm not too happy; she has to take time off school and I have to take time off work to get her on another flight," Short said. Air Canada representatives could not be reached for comment.

Not going to fly

- **Only domestic flights** were affected by the Air Canada delays.
- **Some people claimed** they had been waiting to speak to Air Canada for five hours.

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Police probe St. Patrick's Day riot in Ontario neighbourhood

Civil disobedience. People who witnessed, participated in Saturday incident near London college asked to come forward

ANGELA MULLINS
Metro in London

Increased police patrols and more visits from bylaw-enforcement officers are expected in the neighbourhood around Fanshawe College in London, Ont., after St. Patrick's Day parties spun out of control late Saturday.

Eleven people — seven of whom are Fanshawe students — have been arrested on charges including resisting arrest, assaulting police and unlawful assembly, police Chief Brad Duncan said Sunday morning. More arrests are expected as investigators compile witness statements and comb through videos and photos posted on social-media sites, Duncan said.

What happened was nothing less than a riot fuelled by a mob mentality that saw beer bottles and bricks thrown at police and firefighters, Duncan said. Seventeen police vehicles were damaged and some officers had minor injuries. At least $100,000 worth of damage was done to city property, including broken streetlights and melted asphalt from at least one fire.

It was "the worst case of civil disobedience that our community has ever been subjected to," the chief said.

An mob consisting of an estimated 1,000 people took over Fleming Drive in London, Ont., Saturday night. ARTEM ROSNOVSKIY/FOR METRO

Grounded in Beijing

Stranded passengers gather around an electronic flight-information board following bad weather that delayed and cancelled flights at Beijing International airport on Saturday. VINCENT THIAN/THE ASSOCIATED PRESS

Runway reopens at T.O. airport

A closed runway that caused delays and cancellations at Canada's busiest airport early Sunday was back in use by mid-morning after heavy fog that shrouded the facility began to lift.

The runway at Toronto's Pearson airport had been closed after a fire in a maintenance area on the airfield damaged electrical systems required to operate runway lights.

In the morning's low visibility, the runway couldn't be used without sufficient lighting.

The closure of one of the airport's five runways, combined with heavy fog, caused widespread flight delays and cancellations as the airport's capacity for arrivals and departures was reduced.

The runway was back in service just before 11 a.m. after the morning's fog lifted.

Scott Armstrong, a spokesman for the Greater Toronto Airport Authority, said electricians were working to fix the damaged lighting system with the airport aiming to have the runway lights working by late afternoon.

He warned, however, that the ripple effect of the delays and cancellations would continue for some time.

"There will be delays throughout the day, there will be cancellations throughout the day and people just need to be aware that things will be slower," he said.

"What you see is delays in flights, but also you see the airlines make adjustments in their schedules. So they may decide to cancel one flight and consolidate. So instead of two flights going out to Montreal, for example, they'll put all the passengers on one flight and send out one full plane."

Armstrong urged all travellers to double-check their flight status before heading to the airport. THE CANADIAN PRESS

Fish Creek Provincial Park

The Parks Division of Alberta Tourism, Parks and Recreation requests proposals from individuals, groups or firms for the operation of a mobile snack food concession for the Sikome Aquatic Facility located within Fish Creek Provincial Park.

The length of this agreement is for the 2012 operation year, which consists of 80 days from June 16, 2012 to September 3, 2012 and is restricted to the confines of the Sikome Aquatic Facility.

The facility is a high use swimming area and beach located in the southeastern area of Fish Creek Provincial Park. All of the proponent's equipment must be mobile and be capable of operation on a three metre wide pathway

All proposals must state the site name; the name, address and phone numbers of the contact person; past history/experience in mobile food concessions and types of mobile equipment available.

Proposals will be received up to 2:00 p.m. on April 5, 2012 at the following address:

Fish Creek Provincial Park
Parks Division
Alberta Tourism, Parks and Recreation
Box 2780
Calgary, Alberta
T2P 2M7

For more information telephone the Area Manager or the Maintenance Supervisor at 403-297-5293.

Alberta Government of Alberta

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MARRIED WITH KIDS

With two children in public school, a home in a suburb of Calgary, and an annual household income of $70,000, Peter and Kim have learned how to make the most of their money — and make it work for them.

Peter, 34, is an office manager at a downtown firm while Kim, 30, has just returned to the workforce and has a part-time job at a department store. They have a long-term financial goal to pay off their mortgage by the time Peter turns 60, and they have retirement and education savings plans in place too.

"We're especially good at stretching our budget on food," says Peter. "We plan meals ahead, shop the specials flyers and always pack lunches." The couple also manages with one car. "On the days I'm scheduled to work nights, I drop him off at the C Train — and he takes public transit," says Kim.

They've found other ways to save money too. For example, a few years ago they got a *Scotia Momentum*® VISA* card that they now use to pay for as many everyday purchases as they can.

The *Scotia Momentum*® VISA* card provides 2 per cent cash back on everyday spending such as gas, groceries, drugstore items, and recurring bill payments, and 1 per cent cash back on all other eligible purchases. While the annual fee for the card is $39, there's always a much higher return at the end of the year.

Every November (when the payout is made), the cash back lump sum is automatically deposited into their joint savings account.

"It's a no-brainer," says Kim. "And every purchase we make contributes to our annual cash back from the bank. It's become a great savings tool for us too," says Kim.

Scotia Momentum® Cash Back Calculator

Peter and Kim's profile:

Peter and Kim use their *Scotia Momentum*® VISA* card to pay for about $1,500 worth of purchases each month. Remember that some fixed costs, such as rent, are not payable by credit card and therefore not included in these calculations.

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Drug Store		$ 150
Recurring Bills		$ 100
Other		$ 800
	Total Monthly	**$ 1,500**

Peter and Kim's Estimated Annual *Scotia Momentum*® Cash Back

Peter and Kim have a *Scotia Momentum*® VISA* card. Here's a look at the cash back their purchases add up to.

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	1%	$ 96	

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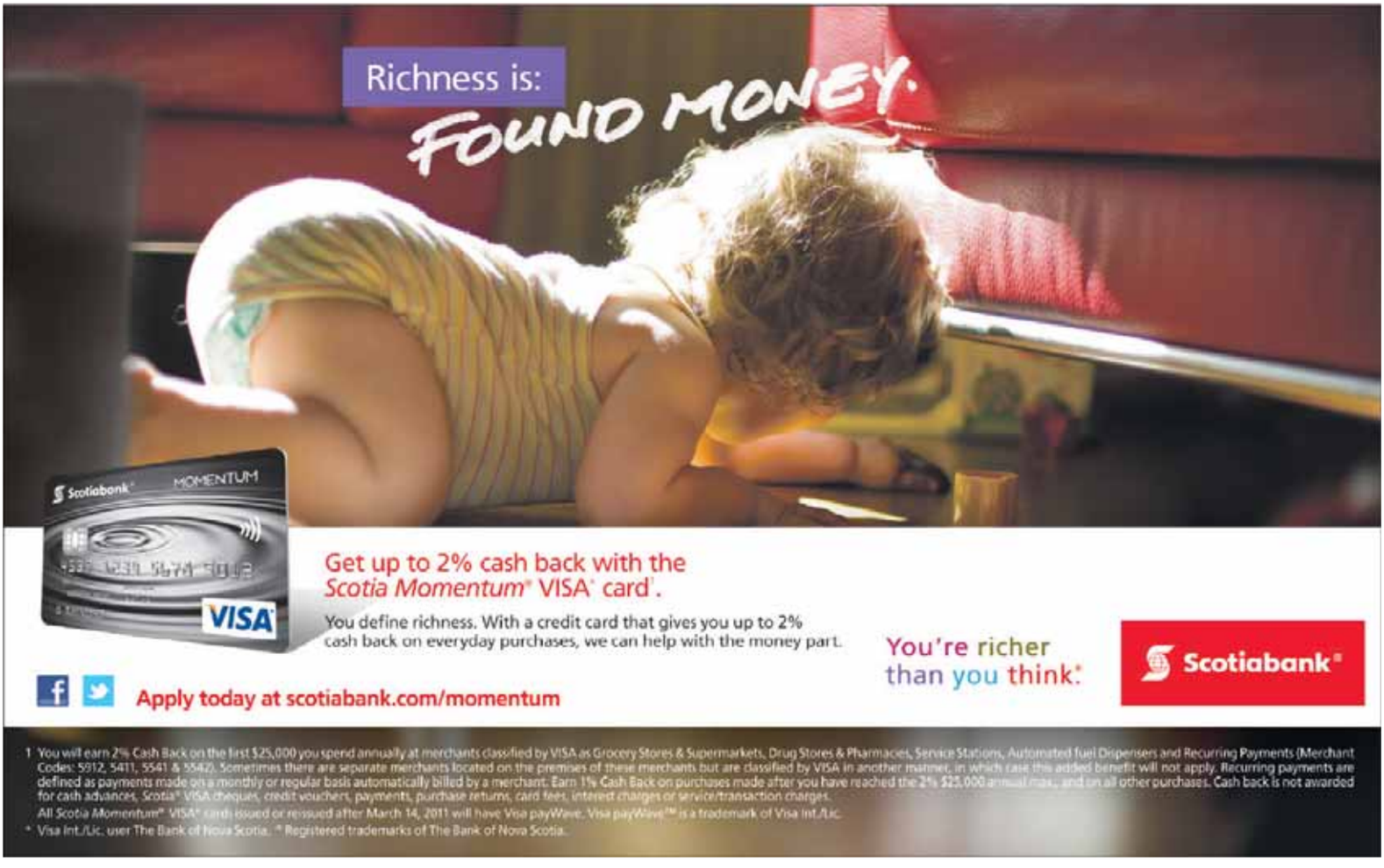
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Solar storms, volcanoes seen as threats to Britain

Britain has added volcanoes and solar storms to floods, flu and terrorism on a list of threats to national security.

The highest-priority risks to Britain are pandemic influenza, coastal flooding, terrorist attacks and — a new addition — volcanic eruptions in countries like Iceland, according to the recently published 2012 edition of the government's National Risk Register for Civil Emergencies.

"Severe space weather" poses a threat to communications systems, electronic circuits and power grids, the list said. Solar storms — eruptions of magnetic energy and charged particles — are part of the sun's normal 11-year cycle, which is expected to reach a peak next year.

The storms can't hurt people, but can disturb electric grids, GPS systems and satellites. In 1989, a strong solar storm knocked out the power grid in Quebec, cutting electricity to six million people.

Mount Etna volcano in Italy.

CARMELO IMBESI/THE ASSOCIATED PRESS

Last week, the strongest solar storm since 2004 passed without major disruptions.

Last month, the U.K. Parliament's defence committee called on the government to prepare for disruptions to electrical supplies and satellites from electromagnetic pulses — whether caused by the sun or by a nuclear weapon exploded in space. Space war is not included on the British government's risk register.

"We are becoming more and more reliant on technology, and that technology is becoming more and more delicate," the committee's chairman, conservative lawmaker James Arbuthnot, told Sunday's edition of The Observer newspaper. "Be afraid, very afraid."

Launched in 2008, the risk register assesses threats that are likely to endanger human welfare, the environment or security in Britain. It is the public version of the National Risk Assessment, which is classified.

Volcanic eruptions have been added to the list since the last edition in 2010. Ash from the April 2010 eruption in Iceland grounded European air travel for days.

THE ASSOCIATED PRESS

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Syrian rebels. Hundreds flee to Turkey to regroup, face weapons shortages

Syrian rebel commander Ahmad Mihbzt gestures during an interview with The Associated Press in Gorentas, Turkey, Sunday. SELCAN HACAOGLU/THE ASSOCIATED PRESS

Syrian rebels are regrouping despite some bitter defeats at the hands of President Bashar Assad's regime, and a top priority is finding weapons and ammunition to boost their firepower, a man who identified himself as a low-ranking rebel commander told The Associated Press.

Ahmad Mihbzt, who said he was a sergeant who defected from the Syrian army, is one of hundreds, possibly thousands, of rebels who have fled to Turkey, where many hope to turn the tide of the fight back in their favour.

"We are regrouping," Mihbzt insisted Sunday. "We are working on finding weapons."

In recent weeks, as the uprising against Assad wrapped up its first year, Syrian government forces retook some key rebel-held areas in the country.

On March 1, after nearly four weeks of relentless shelling that killed hundreds of people, the government reclaimed the Baba Amr neighbourhood in the city of Homs.

On Tuesday, government forces retook the town of Idlib after a bloody, three-day operation close to the border with Turkey.

THE ASSOCIATED PRESS

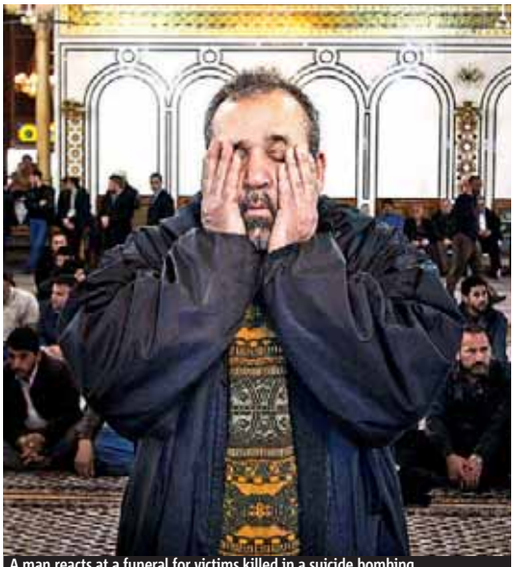
2 killed, 30 injured as blast rocks city in northern Syria

Bombings. Aleppo and capital Damascus struck by a number of deadly explosions since December

An explosion struck near a Syrian government security building in the northern city of Aleppo Sunday while a harsh security crackdown prevented opposition rallies marking one year since the first nationwide protests of the uprising against President Bashar Assad.

The Syrian state news agency called the Aleppo explosion a "terrorist bombing" and said one policeman and one female civilian were killed, while 30 were injured. It was the second attack in two days on regime strongholds. Three suicide bombings in the capital Damascus on Saturday killed 27 people.

THE ASSOCIATED PRESS



A man reacts at a funeral for victims killed in a suicide bombing attack in Damascus, Syria, Sunday. MUZAFFAR SALMAN/THE ASSOCIATED PRESS

Humanitarian crisis

Red Cross seeks Syrian foreign-aid corridor

The president of the International Committee of the Red Cross (ICRC) says he will meet with Russia's foreign minister Monday seeking a daily break in fighting in Syria to improve access for aid workers.

ICRC President Jakob Kellenberger says his meeting with Russian Foreign Minister Sergey Lavrov will focus on areas affected by the uprising against President Bashar Assad where the humanitarian situation "remains extremely difficult and could deteriorate further."

Kellenberg said Sunday the Red Cross "is asking for an unambiguous commitment" from all parties to arrange a daily cessation in Syrian fighting for at least two hours.

He says a humanitarian corridor is "essential" for emergency medical evacuations and bringing aid to vulnerable people swiftly. THE ASSOCIATED PRESS

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Charges expected in Afghan killing spree

Staff Sgt. Robert Bales, accused of killing 16 Afghan villagers, participates in an exercise at the National Training Center at Fort Irwin, Calif., in this photo from last year. SPC. RYAN HALLOCK/THE ASSOCIATED PRESS/DVIDS

Military trial. Lawyer for sergeant accused of killings to visit with client in light of looming charges

With formal charges looming against his client within days, the lawyer for an army sergeant suspected in the horrific nighttime slaughter of 16 Afghan villagers was flying Sunday to Kansas and preparing for his first face-to-face meeting with the 10-year veteran.

John Henry Browne of Seattle said he planned to meet Monday with Army Staff Sgt. Robert Bales, who is being held in an isolated cell at the Fort Leavenworth maximum security military prison.

Bales, 38, hasn't been charged in the March 11 shootings, which have endangered relations between the U.S. and Afghanistan and threaten to upend U.S. policy over the decade-old war.

But formal charges are expected to be filed within a week and if the case goes to court the trial will be held in the United States, said a legal expert with the U.S. military familiar with the investigation.

Bales' defence team said in a statement Saturday that "it is too early to determine what factors may have played into this incident and the defence team looks forward to reviewing the evidence, examining all of Sergeant Bales' medical and personnel records, and interviewing witnesses."

THE ASSOCIATED PRESS

What happened?

- **Alleged.** Military officials say that after drinking on a southern Afghanistan base, Bales crept away on March 11 to two slumbering villages overnight, shooting his victims and setting many of them on fire. Nine of the 16 killed were children and 11 belonged to one family.

Shooting

U.S. teacher shot dead in Yemen

Two gunmen on a motorcycle shot dead early Sunday an American teacher working at a language institute in a central Yemeni city, the region's provincial governor said.

Hamoud al-Sufi said the teacher was shot in his car in Taiz City. He did not have details on who the killers might be, and said an investigation is ongoing.

Much of Yemen saw a collapse of central state authority during the year-long uprising against longtime leader Ali Abdullah Saleh.

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Dow Jones: 13,232.62 (- 20.14)
Natural gas: $2.326 (+ 4.7¢)

Lagarde

Recovery has long way to go: IMF

Speaking at a conference in Beijing, the head of the International Monetary Fund warned Sunday against complacency about global finance despite improved conditions.

Christine Lagarde said the global economic recovery will be "a marathon, not a sprint."

THE ASSOCIATED PRESS

Oil spill

Brazil to charge Chevron execs

Brazilian prosecutors said Saturday they will file criminal charges against 17 executives of Chevron Corp. and drilling contractor Transocean Ltd. for a new oil leak near the offshore well where at least 416,000 litres spilled late last year.

Those targeted include George Buck, chief operating officer for Chevron's Brazilian division, federal prosecutors' spokesman Marcelo del Negri said by telephone.

Prosecutors have also asked the court for an order prohibiting the 17 from leaving the country, he said.

A spokeswoman for Chevron in Brazil said the company had no comment because it had not been notified of the decision.

On Thursday, Chevron confirmed that there was a "small new oil seepage" and that it was working to collect the crude.

George Buck, Chevron Brazil CEO
VICTOR R. CAIVANO/THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

Free trade? Thailand has offer for Harper

Thailand is planning a major pitch to open free-trade talks with Canada this week, as Prime Minister Stephen Harper begins his second Asia trip in three months.

Thailand will sweeten its offer by positioning itself as a comfortable and safe entry point from which Canada could make further inroads throughout South Asia — raising the potential of a broader trade deal with the region's emerging, 10-country bloc, the Association of Southeast Asian Nations (ASEAN).

Imports

$2.7B

Canada has modest trade with Thailand, with exports of $839 million and imports of $2.7 billion in 2011.

China is not an ASEAN member, so any economic gains with the bloc would represent a significant broadening of the Harper government's pro-Asia trade aspirations. THE CANADIAN PRESS

GPS was just the start ...

Driver Ben Gleitzman uses a traffic and navigation app called Waze on his Apple iPhone as he drives to work in Menlo Park, Calif. Thousands of enthusiasts travelling the world using little more than GPS-equipped smartphones are helping Waze and other services to build in-depth maps of cities and countries around the world. PAUL SAKUMA/THE ASSOCIATED PRESS

Economists. Action urged on mortgages

Pressure is building on Finance Minister Jim Flaherty to intervene for a fourth time on mortgages to keep Canada's housing market and household debt in check.

TD Bank's chief economist Craig Alexander has suggested three options and asks the minister to choose one, including reducing the maximum amortization on mortgages to 25 years from 30 or hiking the minimum down payment to seven per cent from five.

Capital Economics analyst David Madani believes it may already be too late to tighten mortgages and that house prices are due to start falling.

THE CANADIAN PRESS

Finance Minister Jim Flaherty
SEAN KILPATRICK/THE CANADIAN PRESS

Newest iPad may be less profitable for Apple

Higher costs

ISuppli said a new iPad that costs $729 in stores, costs $364.35 to manufacture.

- That's nine per cent more than the $335 it cost to make the corresponding iPad 2 a year ago, when it came out, according to iSuppli's estimate.

Apple appears to be making less of a profit from each new iPad than it did when it launched the previous model a year ago, according to a research firm's analysis.

IHS iSuppli took apart a new iPad on Friday, the day the device went on sale in the U.S. and nine other countries, and found that the components are more expensive than those of the iPad 2.

The third iPad comes in several versions starting at $499, the same price as the iPad 2 at launch.

Apple has priced all three generations of the tablet aggressively, making it hard for competitors to match its features at the same price. It makes less from each iPad than from each iPhone.

As a whole, Apple is wildly profitable, earning $33 billion US in net income on $81 billion in revenue in the last calendar year.

The higher-resolution display and the larger battery needed to support it are the main reasons the new iPad is more expensive than the iPad 2. It has four times as many pixels as the iPad 2's screen.

ISuppli estimates the display costs Apple $87, plus $40 for the touch-sensitive layer.

The new iPad battery has 70 per cent more capacity, but the new display consumes all that additional power, so the battery life is the same as for the old model.

Also contributing to the cost increase is the new cellular modem in some models. It can use faster "4G LTE" networks in the U.S. and Canada.

Samsung Electronics Co. remains the largest single supplier of iPad components.

THE ASSOCIATED PRESS

The new iPad launched Friday.
PAUL SAKUMA/THE ASSOCIATED PRESS

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BEEP! BEEP! ROAD RUNNERS TO DRIVE YOU TO DISTRACTION

HIGH PLAINS DRIFTER
James Callsen
calgary@metronews.ca

An automobile is a virtual necessity in Calgary. The average Calgarian spends a lot of time on the road, and I'm no exception. Through my travels, I've started to notice there are certain types of drivers who make life hell for the rest of us.

If our roads were a movie, here's a few of the key players one encounters while driving about our city. It may hurt to admit it, but are you typecast?

1: The lane cop

The lane cop can be found in the far left-hand lane on any fast-moving road at a pace close to or under the speed limit. They're oblivious to their surroundings and the long line of cars growing in their rearview mirror. The lane cop believes that because they are driving the speed limit, it's perfectly acceptable for them to be driving in the passing lane.

2: The race-car driver

It doesn't matter where this guy is going, he's going there fast. The race-car driver can be spotted weaving in and out of traffic, changing lanes with a flash of a signal light and will often move across three lanes in fast succession to get to an off ramp.

Giving it the gears

"The race-car driver can be spotted weaving in and out of traffic, changing lanes with a flash of a signal."

3: The family taxi driver

The family taxi must be approached with caution. It's piloted by a frazzled parent with one eye on the road and one on the constant chaos in the back. The family taxi could easily change from 10 kilometres under the speed limit to 10 kilometres over, depending on how late they are for hockey and the constant changes to the grocery list pouring in via cellphone. The family taxi driver isn't malicious or inconsiderate, they just have a lot to do with a lot of distractions, which leads to lane drifting, sudden stops and several seconds stopped at a green light.

4: The scaredy cat

The scaredy cat isn't a bad person. They just don't like driving in high-speed or multi-lane environments. Found in Deerfoot or downtown, they like large spaces in which to merge. They get nervous at high speeds and can be found going well under the speed limit while merging.

5: The jerk

Everyone knows this guy. Doesn't let you in when you signal, talks on the phone while driving, takes up two spaces while parking and is an all-around menace. The jerk thinks he's more important than you and is generally found driving a high-end European automobile, but also can be found driving a large pickup.

Don't get stuck in the same role. Get greenlit. It won't just ease my stress, it could save a life.

Grand poobah of Chinese tea

THE ASSOCIATED PRESS

Exotic brew

Businessman selling tea grown in panda poo

A girl holds up tea leaves collected from a tea plantation fertilized with panda droppings in Ya'an in southwest China's Sichuan province Saturday.

Businessman An Yanshi is promoting the green tea, which he fertilized with the panda droppings.

THE ASSOCIATED PRESS

Just the bear facts

- Approximately 99 per cent of a panda's diet — bamboo leaves and shoots — is void of much nutritional value.
- The panda lives a low-energy, sedentary lifestyle but persists in eating some 60 species of bamboo.
- Pandas must eat upwards of 30 pounds of bamboo daily just to stay full.

Source: WWF Travel Blog

Panda-ing to tea lovers

21

Yanshi stands on a truckload of panda droppings collected to be used as fertilizer for his tea farm. He wants to sell 21 commemorative sets packaged with 50 grams of tea, panda-themed tea sets and his own art work for the price of around $ 3,500 US.

Weird news

Taking highway to heaven in a sidecar hearse

A German man says people are dying for a ride in the sidecar of one of his Harleys — literally.

Joerg Grossmann said Friday that his prototype hearse for die-hard bikers who want to ride until the very end — a special sidecar fitted to his motorcycle — made its first funeral run last month.

The original is a Kawasaki but the 48-year-old from near Frankfurt says 10 of his patented Harley hearses, each costing about $78,000 US, are currently being assembled and will be ready later this year.

He's counting on 1,000 bookings per year in Germany alone and already has a contract in Switzerland. And he's in talks elsewhere.

He says people are really excited about the Harley hearse: "It's something special."

THE ASSOCIATED PRESS

Metropolitan Panel

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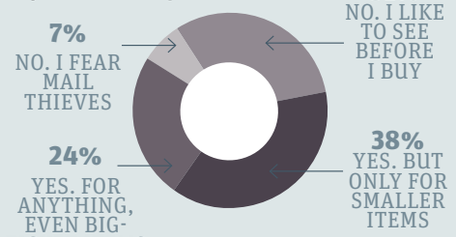

Twitter

@BritneyIris
Just finished at the #yyc auto show, now onto the #health show! What do ppl do with all the pictures they take here?? #seriously

@imAidanokay
Back in #yyc... The dry air makes me hurt.

@heymannyg
I don't wanna drive down Highway 2 today. I really wish there was a (high speed) train between #yeg and #yyc

@Grandmotherwolf
Why do so many local shops in #Calgary have such terrible customer service? #alwayslettingmedown #yyc

@larastone
Didn't see too many lines at the #YYC airport due to AC issues. The customs line, however, was quite long. Took a good 40 minutes.

@scbritton
Clues it's spring in Alberta: 1: The robins are back. 2: The gophers are committing suicide again. #yyc

metro

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2

SCENE

Box office

21 Jump Street leaps to No. 1

21 Jump Street opened as the No. 1 weekend movie with $35 million. Sony's action comedy starring Jonah Hill and Channing Tatum took down the animated hit Dr. Seuss' the Lorax. The Lorax took second-place with $22.8 million. At No. 3 was John Carter.
THE ASSOCIATED PRESS

On the Web

In da club: Eminem drops in on 50 Cent's Get Rich or Die Tryin South By Southwest show

Actor Benjamin Walker says the makeup and training was intense for Abraham Lincoln: Vampire Hunter. HANDOUT

Benjamin Walker gets a crash course in stardom

Abraham Lincoln: Vampire Hunter. Actor playing America's 16th president is still getting used to press tours and conventions

NED EHRBAR
Metro World News in Hollywood

As the title character in the movie Abraham Lincoln: Vampire Hunter, which comes out in June, Benjamin Walker is getting something of a crash course in the publicity side of show business. The Juilliard-trained, Broadway-seasoned actor dons the stovepipe hat — and grabs an axe — to show a different side to America's 16th president. And he's loving every minute of it.

You don't have a lot of experience with press tours and conventions just yet, do you?
No, this is intense. I'm learning. Frankly, this is my full-time job. It's so strange because making the movie I thought would be a full-time job. Selling the movie is a full-time job. Talking about it.

How have the questions been?
They've been good. I think people are genuinely curious. They don't have to manufacture curiosity about this project because it's kind of out there.

It's all in the title, really.
Exactly. But I don't think people believe we're really taking it seriously. They're like, "So it's a comedy?" I'm like, "No, it's a period movie about Lincoln." When the first trailer came out, it kind of changed perceptions. We're not playing around.

You did your fair share for this film, between training and makeup.
Yeah, they kicked my ass, man. The makeup was six hours a day. And then you go to work. Then there's your 18-hour work day.

Are you allowed to sleep in the makeup chair?
I can't, because it's so uncomfortable. But what we did do was we rigged up a little flat-screen TV and watched three movies a sitting. And I got to watch all the movies I should've seen. Like we worked our way through Kurosawa. It was kind of amazing. And naturally the makeup guys were really into fantasy and special effects, and they showed me a bunch of great special effects movies. I got the history of special effects. And we also watch all the vampire movies ever made.

How was working with Timur Bekmambetov, your director on this film?
He's just a straight-shooter, man. "This is what it is, this is what we're making, buckle up." He's remarkable. He's like a professional six-year-old who has these fantastical ideas just out of nowhere. You never knew what you were going to be shooting on the day, and I love that. It was really kind of guerilla imagination work. You had the structure of Lincoln's life — we're really not playing with the events of his life. And Timur's so visually good. We'd do something 30 or 50 takes and I'm going, "What the f– is the problem?" And then he'd show me the dailies and it'd be, "Oh, that's why you did it? Do another 100. Do it until you get it." It's one thing to have a cool shot, but he has cool shots that are augmenting the story, that give you a perspective on what's happening ... and to me that's the goal.

More online

Go online to metronews.ca/scene to see Benjamin fielding some of our sillier questions

9TH ANNUAL BEST NEW PRODUCT AWARD WINNERS
Canadian Living 2012 BEST NEW PRODUCT Voted by Consumers

Actor Joseph Gordon-Levitt learns about what it takes to be Bruce Willis

Looper. Gordon-Levitt plays a young Willis in sci-fi film with a time travel twist. How he channelled the iconic actor.

NED EHRBAR
Metro World News in Hollywood

Joseph Gordon-Levitt says he had a lot of fun studying the mannerisms of Bruce Willis for Looper. HANDOUT

After first teaming up on the high school noir Brick, actor Joseph Gordon-Levitt and writer-director Rian Johnson are back together for the mind-bending science-fiction flick Looper. Gordon-Levitt stars as a man who works as a time travel-assisted hit man for the mob who one day is confronted with a challenging target: his older self, played by Bruce Willis. While the film doesn't reach theatres until September, the pair hit WonderCon, in Anaheim, Calif., to begin the careful campaign of building interest in their new film.

You're bringing a movie like this to WonderCon, but obviously you don't want to give away too much about it. What's the fine line you walk to generate interest without giving too much away?

Rian Johnson: We were just having this conversation on the elevator, so we'll test it out on you. I don't know, it's weird because when you first start talking about a movie you have to figure out what to say and what to not say — especially with something like this. We're showing the first teaser trailer here and releasing a photo, and one of the big elements of the movie is how we made Joe into a younger version of Bruce Willis. I feel like that's kind of the first big thing we're showing people, how we attempted that. The two big elements of that were makeup and Joe's performance.

More online

Go online to metronews.ca/scene to watch Rian and Joe take Metro's Time Travel Pop Quiz

How much of a challenge was that for you, Joe, being turned into a young Bruce Willis?

Joseph Gordon-Levitt: It's kind of a dream. One of the things — if not the thing — I love about acting is becoming somebody else, and when you literally change your face that's a transition that's different from any other performance that I've ever done in my life. So there was the makeup, and then also just hanging around with Bruce, getting to know him, watching his movies and studying them, listening to his voice on my iPod all the time, developing that character. It was really fun.

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"Because the portions are already set, there is no measuring and I tend to use the proper amount rather then pouring in more." **– Jennifer P.**

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"It's great to take a single Gravol Multi-symptom Tablet and get relief for all my symptoms. The bonus is once I feel better, I can get out and get going because there are no drowsy side effects." **– Karen L.**

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"I like that it uses ginger–a natural way to solve the health issue involved!" **– Karen L.**

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"Both my partner and I love this product. It's very comfortable and natural-feeling." **– Tania H.**

"So thin you almost feel like you're not wearing one." **– George H.**

"All the old complaints we've had about condoms don't apply to these ones! They feel very natural." **– George H.**

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– Elizabeth H.

"It does the job – and is long lasting. Plus, love the roll on!" **– Elizabeth H.**

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HAVE YOU TRIED THE BEST?

Hot summer in store for moviegoers

WonderCon. There's plenty of tantalizing tidbits to take home from weekend event

NED EHRBAR
MWN in Hollywood

Logan Marshall-Green, left, Noomi Rapace, and Michael Fassbender explore a planet in Prometheus. HANDOUT

The summer movie season is fast approaching, and with that in mind the big Hollywood studios headed to WonderCon — the little brother to July's monster San Diego Comic-Con — to show off some of their coming attractions. Here's what we learned about some of the biggest films offering up teases this weekend.

Prometheus

It's not a prequel, for real:
While Ridley Scott's Prometheus has long been hinted at as having connections to his classic Alien and the films that followed it, Scott and writer Damon Lindelof are making the rounds to explain that this is not, in fact, a prequel.

"This word prequel was the elephant in the room and had to be discussed," Lindelof says. "Normally that's the definition of a prequel, is that it precedes the other movies. So the Star Wars prequels are going to end with Darth Vader going, 'Noooo!' Unfortunately. And there's an inevitability to watching a prequel of going, 'If the end of this movie is just going to be the room that John Hurt walks into that's full of eggs, there's nothing interesting in that.'"

Michael Fassbender is playing an android:
Artificial humans are an important part of the universe of the Alien films, and that's no different in Prometheus, Scott revealed while discussing Fassbender's character, David.

"There's nothing new about an android, there's nothing new about a robot. In fact, it's 100 years old, that idea," Scott says. "In a sense he's not just a butler, he's housekeeper, maintenance man, everything."

The fact that Fassbender is playing essentially a manufactured product brought up other notions as well, according to Lindelof. "David is mass-produced, so there's 20,000 other David units out there who look exactly like Michael Fassbender. What a wonderful world that would be, wouldn't it?"

Snow White and the Huntsman

Kristen Stewart is still a hit with convention audiences:
"It was fun. It was nice to arrive with someone like Kristen as a little secret," says director Rupert Sanders, who surprised the WonderCon panel with an appearance by Stewart.

"Outside of Twilight — which everyone thinks she actually is Bella for some reason — she's such a good actor and she encompassed that role so well that people think that's how she is. And when you meet Kristen, she's so far away from that character."

There will be blood:
"It's its own story. If there's a desire for people to want to continue with those characters — I think there will be, they're such great characters, they're well-played," Sanders say on the topic of a possible sequel to the fairy tale film. "A couple of people end up dead, so I'd have to fill those shoes."

The Amazing Spider-Man

They're taking a decidedly literary approach:
"We had to define ourselves," director Marc Webb says of restarting the franchise. "Doing a movie like this, it's like a sonnet. There's a form that you have to adhere to, to a certain degree, but there's enormous flexibility within those barriers and within those restrictions. In terms of fan expectations, there's such a variety that you can't really pick and choose."

Geeks are picky about hair colour:
Emma Stone, who stars as Peter Parker's love interest Gwen Stacey, admits she was completely caught off guard by how much Spider-Man fans criticized her casting based purely on her hair. "I'm blond. I mean, my actual hair is blond. I dye it red usually. It's incredible how much people care about hair and ask about hair," Stone says. "In the comics she's got really, really light blond hair. With the costumes and the look of the makeup, you want to try to bring that character to life."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

They kiss, we tell.

Hollywood's new, secret romances

THE WORD
Dorothy Robinson
scene@metronews.ca

Who's been in Hollywood, K-I-S-S-I-N-G?

Well, if you look towards the Chateau Marmont, you'll find a lot of new, smooching couples.

First up? Sources say Jason Segel has been quietly dating My Week with Marilyn star Michelle Williams for about a month, according to Us Weekly.

The pair reportedly first got acquainted during a four-hour date at the Chateau Marmont late last month.

"They were super giggly," a source says of Segel and Williams, who were briefly joined by her pal Busy Phillips that evening. Segel is keeping mum on the news, saying only, "I don't comment on my personal life these days."

And Cameron Diaz and Jude Law apparently also turned heads recently at the Chateau Marmont as well, when they reportedly were spotted making out on the patio, according to Hollyscoop.

Witnesses say Law picked up a $400 bar tab before the two headed to one of the bar's private bungalows.

But that apparently wasn't private enough, as another patron is said to have shouted, "Get a room" at the pair, who left shortly after.

Michelle Williams

Jason Segel ALL PHOTOS GETTY IMAGES

George Clooney

Post-arrest: Clooney embraces his activist street cred

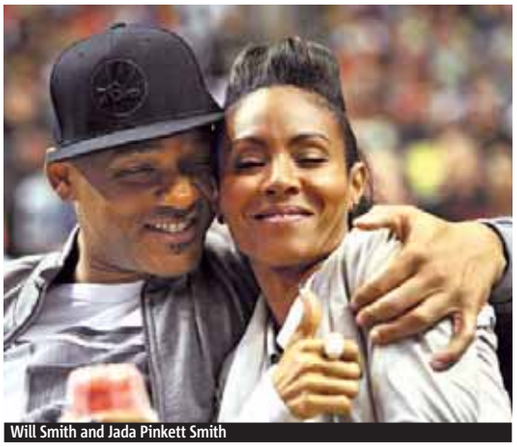
George Clooney is taking his recent arrest in stride.

"It's on my permanent record. And you know that picture's going to be all over everything," the actor and activist said during a press conference after his release.

Clooney was arrested for assembling outside the Sudanese embassy in Washington, D.C.

"Listen, what we've been trying to achieve today is we're trying to bring attention to an ongoing emergency," he said.

"You never know if you're going to accomplish anything, all we're trying to do is bring attention to a moment. We hope this brings attention to it."



Will Smith and Jada Pinkett Smith

Problems? What problems?

Fighting off rumours of marital strife, Will Smith and Jada Pinkett Smith showed up with their kids at the Miami Heat vs. the Philadelphia 76ers game on Friday night in Philadelphia.

Did Biebs over-imbibe with Selena and his grandparents?

Justin Bieber and girlfriend Selena Gomez reportedly had a bit of a rough night out in Florida after drinking too much at a sports bar before getting into an argument, according to the Tampa Bay Times.

"Justin stormed out of the bar and Selena chased him to the car," a source says.

"His security team drove them down the street to an alley where they had a private conversation. They then returned to the restaurant and upon leaving they all seemed like they had a little too much to drink even though they aren't old enough to drink."

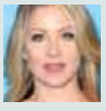
But the bar's owner, Mark Ferguson, insists that while Bieber's grandparents were drinking, the young stars were not.

Justin Bieber and Selena Gomez

Twitter

@HowardStern
New Macy Gray Cd really good. But why does music depress me so much? Bianca at my feet snoring and I get sad that she's so old.

@CarrieFFisher
"If I felt half as good as you looked, I'd go out and kill myself while it lasted." —from some old movie



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@SethMacFarlane
Can jazz enthusiasts admit that we all secretly hate listening to scatting?

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3 LIFE

Pregnancy & Chickenpox

New guidelines

New guidelines suggest women who are thinking about getting pregnant or who become pregnant should know whether they are immune to chickenpox.

The Society of Obstetricians and Gynaecologists of Canada says pregnant women or women planning to conceive need to know their immunity status because of the risk the chickenpox virus poses both to them and their fetus during pregnancy.

The guidelines say pregnant women who have an hour or more of exposure to someone with chickenpox should inform their health-care provider.

THE CANADIAN PRESS

On the Web

Look who's talking about Sasha, Malia. It's Dad, keeping them in the conversation.

The majority of Canadian Internet users look up medical info. ISTOCK

Internet advice is not meant to replace your doc

Medicine. Think twice before diagnosing yourself or your children with a Google search

When Melodie Moore was recovering from a broken heart and wondering why her relationship had soured, Dr. Google had the answer: borderline personality disorder.

"I wanted to know what was wrong with me, that this boy didn't want to be with me," said the 22-year-old from Markham, Ont. Soon she had diagnosed herself with several ailments, including BPD and narcissistic personality disorder.

Moore was reading about personality disorders in preparation for her psychology studies. She hopes to begin an undergraduate degree at Trent University this fall.

"We live in the information age, but information can be a catch-22," said Moore. "It can be helpful, but the analytical side of us can also overthink things."

Moore is experiencing what Oakville psychiatrist Dr. Kenny Handelman calls "medical school syndrome." It's what happens to first-year med students when they start studying various diseases. Suddenly a simple headache becomes a brain tumour, a rash morphs into flesh-eating disease.

But with the wealth of medical information now available to all of us at the click of a mouse, it's not just medical students and hypochondriacs who are likely to panic. More and more Canadians are going online to play doctor — and some are even replacing visits to the clinic with Google searches.

At sites like webmd.com, users can enter their symptoms and have the site generate a diagnosis for them.

Having access to all this information is, generally speaking, a positive thing. It certainly can help us detect problems sooner. It can also be helpful coming in to the doctor's office well-informed to improve the quality of care that patients receive, said Handelman. "They can be active participants in their health care."

Guy-Justin Lowe, a 25-year-old customer service representative in Toronto, started using Google and webmd.com to take control of his health care when he felt like the answers he was getting from his doctor were too vague.

"I wouldn't say that I'm a hypochondriac, but I have used the Internet before seeing him sometimes just so that I get a general idea of what might be wrong with me," said Lowe.

But the Internet has also been known to incite panic, especially in people who are anxious about their health. This phenomenon has become so widespread that the term "cyberchondria" has been coined to describe it.

According to Statistics Canada, about 70 per cent of Canadian Internet users looked up medical information in 2009. That's up from 59 per cent in 2007.

Judy Thompson, a family practitioner at St. Joseph's Health Centre in Toronto, says it isn't just the young, tech-savvy generation of Canadians who are going online to diagnose their problems.

"Believe it or not, the Internet is very much as big an issue for some of my 60- to 70-year-olds as it is for the younger generation," said Thompson.

The trouble, she adds, is that patients can be led astray by incorrect information.

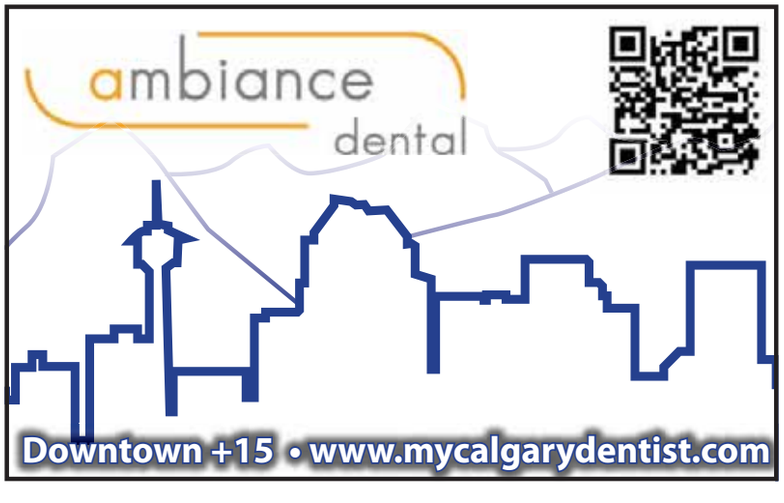
"We're not discouraging people from reading the Internet, but one of the things I try to do in my practice is try to point them towards helpful sites like fpnotebook.com or familydoctor.org," said Thompson. "The Internet is meant to supplement your health care. It's not meant to replace your health-care provider."

THE CANADIAN PRESS

Online diagnosis

"People may find reports online that lead them to believe they have more significant medical issues than they actually do."

Kenny Handelman, author of Attention Difference Disorder



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Get a bite of the healthy goodness packed into this legume

This recipe makes 32 Lentil Balls. MATTHEW MEAD/ THE ASSOCIATED PRESS

Turkish Red Lentil Balls. The slight crunch of bulgur wheat compliments the smooth texture of the lentils in this dish

1 In a saucepan, bring 625 ml (2 1/2 cups) of water to boil. Add lentils and simmer over low heat, stirring occasionally, 15 minutes or until soft. Mix in bulgur, cover pot and remove from heat. Let mixture rest for 15 minutes or until residual liquid is absorbed by bulgur.

2 Meanwhile, in a skillet heat oil over medium heat. Add onion and sauté 8 mins. or until soft and translucent. Stir in harissa and cumin; cook, stirring constantly, 2 mins. Transfer to a mixing bowl; set aside.

3 Once lentils and bulgur are cooked, add to onion mix along with most of the green onions and parsley. Season with salt and pepper and mix well to form a thick dough.

4 Keeping hands wet, mould about 15 ml (1 heaping tbsp) of the lentil mix into football-shaped balls. Place each ball in one of the lettuce pieces and arrange on a serving platter. Garnish with remaining green onions and parsley and drizzle with additional olive oil. Serve with lemon wedges to squeeze over before eating. **THE ASSOCIATED PRESS/ ADAPTED BY EMILY RICHARDS (VISIT EMILYRICHARDSCOOKS.CA)**

Ingredients

- 250 ml (1 cup) uncooked red lentils, rinsed and drained
- 125 ml (1/2 cup) fine bulgur, uncooked
- 30 ml (2 tbsp) olive oil
- 1 large onion, finely chopped
- 15 ml (1 tbsp) harissa (red chili) paste
- 15 ml (1 tbsp) ground cumin
- 3 green onions, finely sliced
- 45 ml (3 tbsp) finely chopped flat-leaf parsley
- 3 ml (3/4 tsp) salt
- Black pepper
- Boston lettuce, torn into 30 pieces
- Lemon wedges

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It's a bad idea to drink your calories but that's the risk you take when you reach for a glass of some of the most popular brand name juices.

Welch's Grape Juice (1 cup)

170 calories, 41 g sugar, 42 g carbs
Even though this is pure juice with no sugar added, you're still getting excess natural sugar from the grapes.

Equivalent

452 calories/ 17 g fat
Instead of drinking the juice, you could eat one pound of grapes and feel fuller.
Besides, one cup of the grape juice is equal to eight French crullers from Country Style in sugar.

Rougemount Apple Juice (1 cup)

110 calories, 26 g sugar, 27 g carbs
This brand has less calories, sugar and carbs. It makes for a better choice, but keep liquid calories to a minimum.

Homegrown Canadian Brown Rice and Lentils in three simple steps

Lentils are not only good for you, but they're homegrown, with much of the world's supply produced in Canada.

For those who are mystified about how to prepare these dried legumes, there is now a series of 12 how-to videos hosted by Canadian chef Michael Smith, who provides tips on their health benefits, how to buy, store and cook them.

In the webisode Lentils 101, Smith explains that there are four basic types of lentils grown in Canada — green, red, black beluga and French green, or du Puy — that are packed with such nutrients as zinc, beta carotene, selenium and folate.

The legumes can be served on their own — easily cooked in a saucepan on the stovetop using a simple recipe of one part lentils and three parts water.

They can also be pureed and added to such recipes as Vegan Lentil Burgers, Sweet Potato Lentil Chili, and Green Lentils with Bacon and Tarragon — among those created by Smith for Canadian Lentils.

In Canada's Food Guide, lentils fall under the meat and alternatives category. It is recommended that people eat meat and alternatives such as beans, lentils and tofu often.

The Canadian Lentils' website states that regularly consuming lentils can contribute to reduced cholesterol and triglycerides — two major factors in heart health.

Eating lentils regularly may also reduce the risk of heart disease through favourable effects on blood pressure, blood glucose and insulin moderation.

Because lentils are loaded with fibre and protein (which helps us feel full longer), are low in fat (zero saturated) and contain no cholesterol, they can help those trying to maintain a healthy body and lifestyle.

Lentils do not contain gluten, so they are suitable for people who are gluten intolerant or have celiac disease.

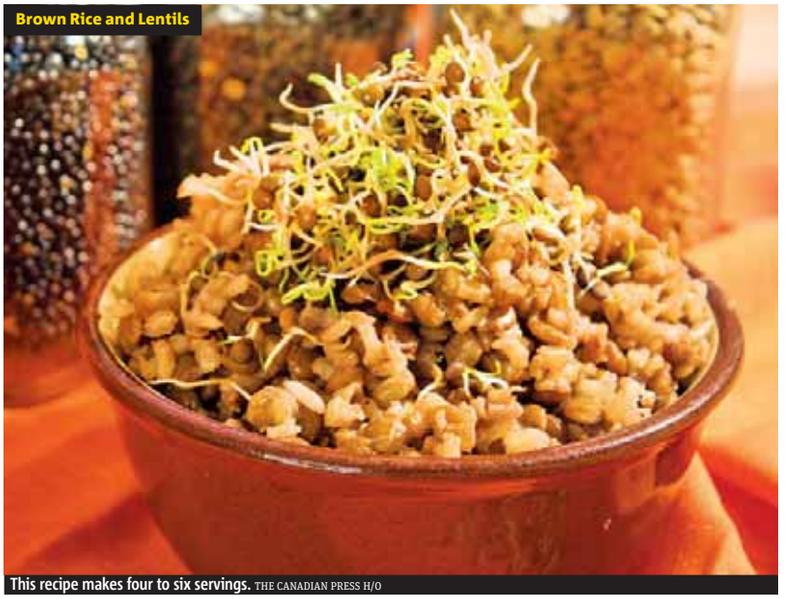
Here is a recipe using lentils created by chef Michael Smith.

He says: "This is perhaps my single most popular lentil recipe. It is certainly the one I turn to most often. This is a quick and easy side dish that is not only tasty and healthy, but complements any meat or fish dish."

Ingredients

- 250 ml (1 cup) brown rice
- 250 ml (1 cup) dried lentils
- 1 l (4 cups) water or chicken broth
- 2 ml (1/2 tsp) salt

Brown Rice and Lentils



This recipe makes four to six servings. THE CANADIAN PRESS H/O

1 In a medium saucepan with a tight-fitting lid, combine rice, lentils, water and salt. Bring everything to a full boil then adjust the heat lower, just enough to maintain a slow, steady simmer. Continue cooking until rice and lentils are tender and liquid is absorbed, about 45 minutes.

2 Turn off the heat, let stand for a few minutes, and you are ready to serve and share.

3 You can add any fresh or dried herbs you like to this dish. Rosemary, thyme and tarragon all work well.

THE CANADIAN PRESS/ CHEF MICHAEL SMITH FOR CANADIAN LENTILS (LENTILS.CA)

Lentil Facts

Some interesting facts about the lentil crop in Canada:

- **Nutrition.** There are 8.5 grams of fibre and 7 grams of protein in 125 ml (1/2 cup) of cooked lentils.
- **Production.** Canada produces 67 per cent of the world's lentil supply.
- **Exporting.** Canada is the world's leading exporter of lentils and India is the biggest importer of Canadian lentils.
- **Provincial producer.** Saskatchewan is the largest lentil-growing province, accounting for 95 per cent of total Canadian production.
- **History.** Canada only began growing lentils in 1970, meaning it is a relatively new crop to Canada.
- **Origins.** Lentils originated from the wild lentils that still grow in Turkey and other Middle Eastern countries. **THE CANADIAN PRESS/ CANADIAN LENTILS (LENTILS.CA)**

Putting eco-solutions on the road by making tires from orange peels

Orange oil now being used to create green tires. Without a drop in safety, these tires are the new solution for the eco-conscious

BEN KNIGHT
life@metronews.ca

Orange peel: a zesty addition to baking, and something that ends up in your green box.

And also the key ingredient in cleaner, greener tires for your car?

Absolutely. And the potential going forward — in terms of performance, safety and eco-friendliness — is impressive.

"The AVID Ascend is essentially the world's first mass-produced tire to feature orange oil," says James de Chavez, marketing manager for Yokohama Tire (Canada) Inc.

"Orange oil is essentially the oil extracted from orange peels, and is combined with the natural and synthetic rubber found in the rubber compound."

The Rubber Manufacturers Association says it takes seven gallons of oil to produce one conventional tire. Five are processed to provide raw materials, while two get burned for energy. Orange oil can do the same job — and even do it better.

"When orange oil combines with those natural and synthetic rubbers, the tire is much more responsive, and adheres to the road surface more efficiently," de Chavez explains.

"That's how we're able to provide the mileage and tread-wear benefits of the product, in addition to the improved grip levels."

By the numbers

7

According to the Rubber Manufacturers Association, it takes seven gallons of oil to produce one conventional tire – five for raw materials, and two to provide the energy needed to power the process.

There's no drop in safety, either — and the tires are competitively priced.

"We first introduced the technology in a few limited sizes as an eco-friendly tire for hybrid cars. And we've now taken that idea to a mass-market scale in 45 different sizes."

De Chavez says consumer interest has been encouraging.

"For most consumers, tires are just black and round and made of rubber. The fact that there is orange in this tire seems to really peak their interest. People are definitely gearing more toward environmentally friendly products for all consumer goods, across the board — tires included."

Throw in an unlimited-kilometre warranty and you've got a solid alternative product. But does this mean petroleum is on the way out in the tire business?

"It's step-by-step in this industry. By doing this now, Yokohama is setting up for tomorrow," he says. "We're confident that we'll see increased improvements in our technology to take this orange oil and reduction of petroleum to the next level."

The tires were rolled out March 1, and are available throughout North America.

It's possible take orange peels and transform them into tires without harming any harm to the environment. ISTOCK PHOTOS

Queen of Green

Caring for your health

QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

I work in a nursing home and the chemicals we use to clean and disinfect make some staff sick. Are there cleaners that a health-care facility can use safely? Donna of Vancouver

Yes!

Health-care facilities must meet cleanliness standards that are often higher than those we follow at home.

For example, most doctors will tell you to wash with soap and water only — avoid antibacterial products like those with triclosan.

In fact, the Canadian Medical Association is calling on the federal government to ban all anti-bacterial household products because of fears they cause bacterial resistance.

I recommend you contact the Canadian Coalition for Green Health Care and search their green products and services directory at greenhealthcare.ca.

They have reviewed cleaning products used in places like hospitals and offer recommendations for greener choices. Each organization, product and service listed in the directory has in some way distinguished itself as "green."

Note: The Canadian Coalition for Green Health Care cannot independently verify the environmental qualities of each product and service. However, they offer a We Support Green Health Care logo, which signifies that the provider is a founding partner of the Canadian Coalition for Green Health Care. Also, a Third Party Certification logo indicates that the product/service has achieved a third-party environmental certification. Finally, the ChemTRAC logo indicates that the product uses safer chemicals and does not contain or release any of the 25 chemicals tracked by the City of Toronto's ChemTRAC program.

Breaking through the boundaries

A moving story. Luca Patuelli's dynamic breakdancing program is teaching youth to live without limitations

Luca Patuelli's students form a semi-circle in the classroom at Joseph-Charbonneau Secondary School, most of them leaning on crutches or sitting in wheelchairs. Patuelli pulls himself into the group supported by a pair of crutches. Then the music starts and the room is an explosion of movement.

Patuelli, known worldwide as Bboy Lazylegz, launches into a series of dynamic breakdance steps, at one point flinging his crutches aside. His charges rock along on the sidelines until one by one he turns the floor over to them and they step up to execute their own intricate moves.

Their heads rock with streetwise hip-hop breakdancer attitude. One spins and does a move where he lifts himself up on his hands and supports himself in the air, looking like Superman in flight.

The lunch hour activity at the school and readaptation centre puts a whole new slant on independent living for the disabled, an issue growing in Canada for the last quarter-century.

"What we try to do through our resources is to help them feel empowered, to see themselves as a whole," says Luca Patuelli, seen here on the right.
RYAN REMIORZ/THE CANADIAN PRESS

"What's been amazing about this program is it started off as a breakdancing class and now we've realized it's more like a life confidence-building class," Patuelli said in an interview before getting things underway, marvelling at the improvement he's seen since he started the class in November 2008.

"I have stories about some students who are literally getting out of their wheelchairs to dance and they're learning to walk. Other dancers are becoming a lot more independent."

Patuelli, who suffers from a rare bone and joint disorder known as arthrogryposis, has been a dancer for about 10 years now, since he was 15. He's been a professional breakdancer for about seven years.

He's been on crutches since he was three, was diagnosed with severe scoliosis when he was eight and has had 16 surgeries, including one where eight of his vertebrae were fused and titanium rods were inserted.

"The idea is to really help these students be able to become more independent and not to rely on other people to help them," Patuelli said of the class. "If they want to do something, they can do it themselves. Yes, assistance is there to help you, but you have to go out and get it."

Deborah Kennard, the chairperson of Independent Living Montreal, knew Patuelli through the positive message he sends with his performing and motivational speaking. She called his class "wonderful" when she heard about it.

Kennard was born with spinal muscle atrophy and gets around in a semi-reclined wheelchair. Her organization, which is part of the Independent Living Canada network, works to provide resources and information to the disabled to help them overcome society's obstacles.

"We help people acquire skills and we try and set up resources that are lacking," she said.

"We just need to have the same opportunities as everyone else," she said. "Often it can be attitudes or stares or all kinds of barriers — economic, political, architectural and attitudinal — that get in the way. Once those are diminished, then people have lived much more productive and fulfilling lives." THE CANADIAN PRESS

A step towards success

"I have stories about some students who are literally getting out of their wheelchairs to dance and they're learning to walk. "
Luca Patuelli, Breakdancing teacher

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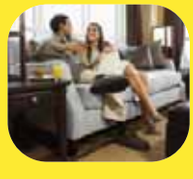

From Tanzania to Saskatoon: Shaping Dreams on the other side of the world

High def dreams. A media expert brings his family and his knowledge from Africa to Canada to start a new path of success.

Navrose Ratansi is the owner of a high definition video graphics company in Saskatoon.

SASKATOON EXPRESS-TARA CAMPBELL/THE CANADIAN PRESS

Navrose Ratansi built and operated a television studio for presidents of Tanzania. He designed and developed the podium that former U.S. president George W. Bush used for a news conference. He was in charge of a television station that was affiliated with CNN International.

Now, he has brought his broad range of skills to Saskatoon. By his admission, it is a long way from the State House in Tanzania to his new office on Third Avenue North, where he recently opened Shaping Dreams Productions.

"When you have children you always think about your children's future; you always try to do something better than your parents did for you and that was one of the reasons that brought me to Canada," Ratansi said in an interview.

"I have three children and I wanted to give them a better footing in life; that made me sacrifice what I used to do back home."

He is convinced the decision was the right one.

"I have seen the progress of my two daughters — one is in high school and one is in elementary school. I am very proud that my decision was the right decision." He and wife Shyrose Jivraj also have a four-year-old son.

Leaving family, friends and his community was difficult, he admits.

"To achieve something, sometimes you sacrifice something. That's what we are doing, and we are OK with that."

Ratansi and his wife came to Saskatchewan in 2010 to see what the province had to offer.

"We travelled around most of Saskatchewan and eventually decided Saskatoon would be the place we would like to be because it is the business hub."

Ratansi opened Shaping Dreams Productions, a high definition video graphics company, in January.

"Times are a little tough, but I am sure in the future it will be a better forecast. We had enough finances to say, 'This is what I love to do; this is what we do back home. If we can do the same thing back home, why couldn't we do it here?'"

Shaping Dreams Productions offers an array of services, including design of home theatres, making documentaries and commercials and producing training videos for local companies.

Ratansi landed in the multimedia world almost by accident. When he returned to Tanzania after studying computer science in the United Kingdom, he joined the graphics department of the first television station in Tanzania in 1994.

"Unfortunately, the television station was not being run professionally because it was a new thing and people were not aware how to go about it," Ratansi said. "Things started falling down and suddenly I became station manager."

Not long after, he was instrumental in building two more television stations.

"We learned in a manner by getting to visit television stations outside the country. We built relationships with the French government; we learned a lot of things we could use back home.

"We created television stations with minimal money, and trying to give the news and the entertainment to locals back home to the point where I was given an option to build a television studio for the (government-owned) national television."

"I created a newsroom similar to what you have here for Global or CTV."

THE CANADIAN PRESS

Accomplishments

Sending out the story

Now in the media industry for 20 years, Ratansi was responsible for the station that was integrated with CNN when the United States Embassy was bombed in 1998, leaving more than 200 people dead.

"We put that story out within 15 minutes."

While proud of his accomplishments, Ratansi doesn't see it as anything special.

"It was fascinating to somebody that has never seen it before and hasn't experienced it, but for a person like me, it was a job I had to do. That is how I saw it.

"I never saw it as something that I was doing was extraordinary."

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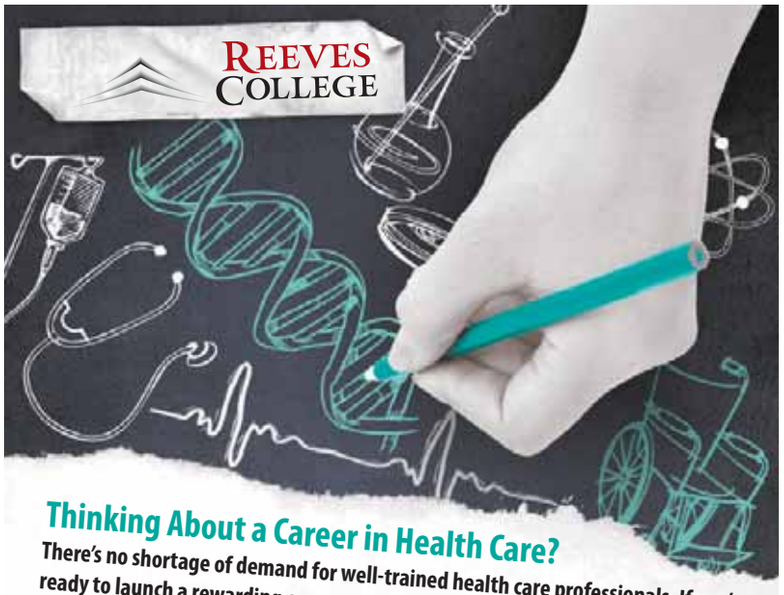

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Corporate vs. corking? Invest in happiness

TURNING POINT
Teresa Kruze
life@metronews.ca

Labour of love. Meet a couple who left their power suits behind in pursuit of a better quality of life

Cynthia and David Enns gave up their lucrative investment careers to follow a passion for making wine. They got their humble start in a friend's Vancouver garage.

"I thought I would be the laughing stock of the neighbourhood if I spent $25,000 on equipment and didn't come up with a good wine," says David.

The Enns didn't disappoint and after a stint in wine making school and a world wide search for the perfect place to start their winery, they settled in B.C.'s Okanagan Valley.

Nine years later they are turning a profit and their Laughing Stock wines are winning numerous awards.

Their humour and love of life are obvious when you talk to the couple.

They are also a good business team, with David making the wine and Cynthia keeping an eye on the bottom line.

Grape advice

"If life was all about being sensible, then great things in this world such as fabulous wine just wouldn't come to be."
Cynthia and David Enns, owners of Laughing Stock Vineyards

"I'm good with a spreadsheet but I'm also not afraid to get my hands dirty in the vineyard," says Cynthia.

Although they call the winery their "vow of poverty" they would never go back to the corporate world.

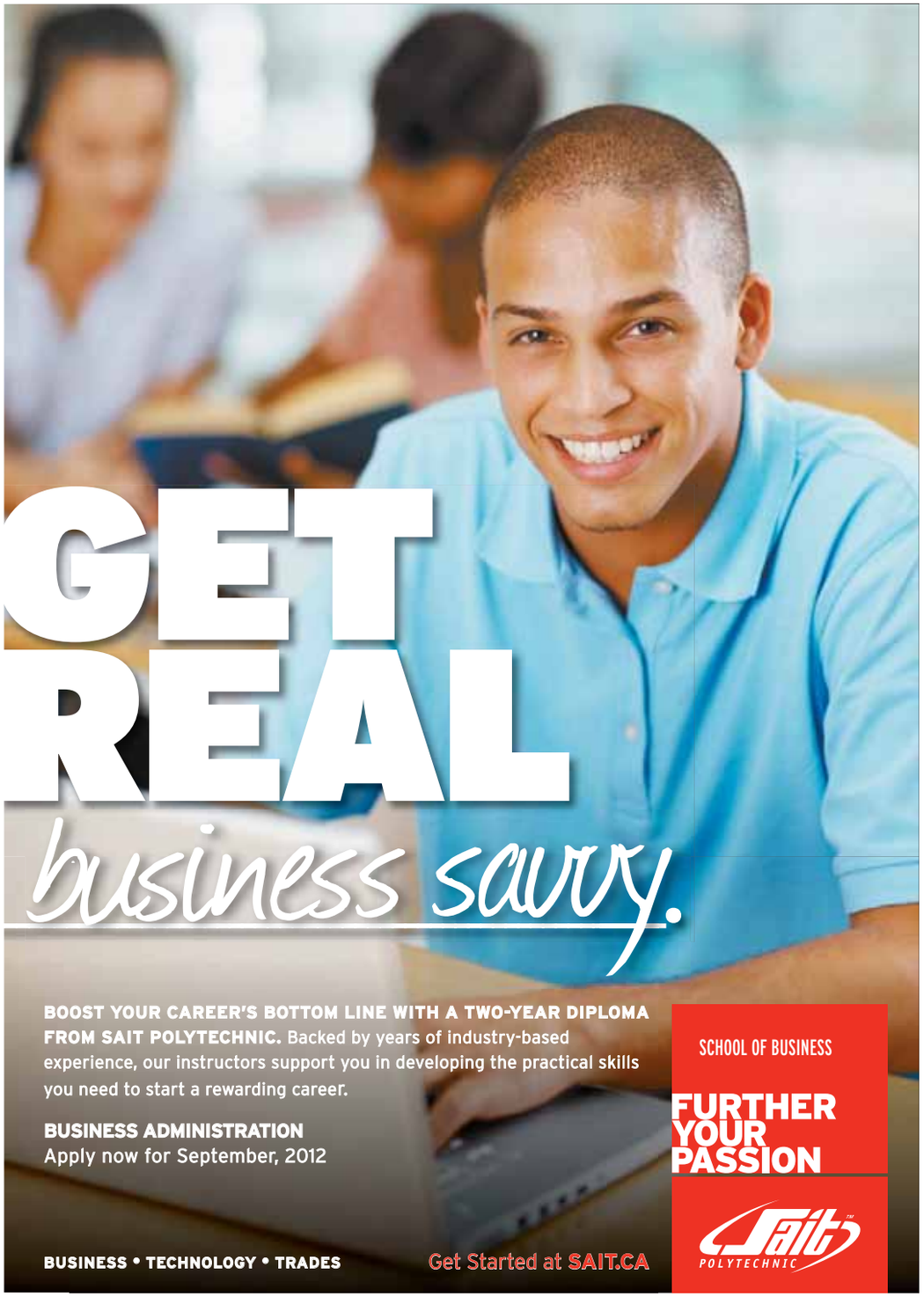
"I'm never putting on a suit again," David says with a laugh. "Besides, I've burnt all my ties."

Drink in the day

Two entrepreneurs share their best business secrets:

- Have a business plan and learn how to sell.
- Do what you do best and be passionate about what you're doing.
- Don't be afraid to ask for help. We hired consultants because we're not going to pretend that we know it all.
- Be well capitalized. The power of leverage is amazing if you can match your borrowing with the outcome of your business.
- If life was all about being sensible, then great things in this world, such as fabulous wine, just wouldn't come to be.

Cynthia and David Enns chose wine country over the Wall Street hustle.
PROVIDED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Tennis

Federer tops Isner in California

Roger Federer defeated John Isner 7-6 (7), 6-3 to win his record fourth BNP Paribas Open title on Sunday in Indian Wells, Calif.

Victoria Azarenka routed Maria Sharapova 6-2, 6-3 for the women's title. THE ASSOCIATED PRESS

Soccer

Bolton player in critical condition

Bolton player Fabrice Muamba was still fighting for his life in intensive care on Sunday night, remaining in critical condition a day after collapsing during a match because of a cardiac arrest.
THE ASSOCIATED PRESS

Fabrice Muamba STU FORSTER/GETTY IMAGES

MLB

Bautista powers Jays to victory

Jose Bautista hit his third home run of spring training and Philadelphia's Cole Hamels gave up five runs and eight hits in 3 1/3 innings as the Toronto Blue Jays defeated the Phillies 10-2 on Sunday.
THE ASSOCIATED PRESS

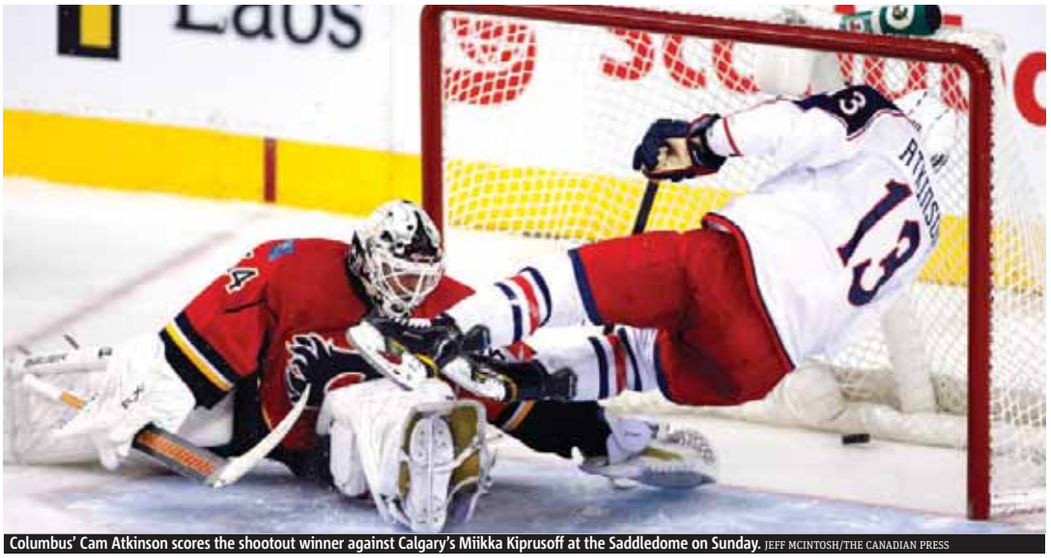
Curling

"All we look at is how we're playing as a whole and I like what I see."

Canadian skip Heather Nedohin after winning her second in a row to open the women's curling world championships with a 7-5 victory over Bingyu Wang of China on Sunday in Lethbridge.

Flames' playoff hopes take hit with costly loss to Blues Jackets

NHL. Calgary draws even in third to earn point, but falls in shootout to Columbus



Columbus' Cam Atkinson scores the shootout winner against Calgary's Miikka Kiprusoff at the Saddledome on Sunday. JEFF MCINTOSH/THE CANADIAN PRESS

Cam Atkinson scored the shootout winner and goaltender Steve Mason made 28 saves in relief as the Columbus Blue Jackets won 2-1 over the Calgary Flames on Sunday night.

Defenceman Nikita Nikitin scored for Columbus (23-42-7), which was playing on back-to-back nights. The Blue Jackets lost 4-3 Saturday night in Vancouver.

Matt Stajan scored for Calgary (34-26-13), which had a four-game home winning streak snapped.

The Flames remain in 11th place after dropping two straight, including Friday's 3-1 loss to the Edmonton Oilers.

Columbus goalie Curtis Sanford was injured early in the first period and did not return.

Atkinson, the Blue Jackets' 22-year-old rookie, scored by faking a shot, then going forehand to put the puck past Flames goalie Miikka Kiprusoff.

Jarome Iginla was Calgary's last hope but just like Alex Tanguay, Olli Jokinen, and Curtis Glencross before him, his shot was stopped by Mason.

Calgary tied the game 1-1 at 8:34 of the third when Glencross centred a pass to Stajan, whose quick shot went off Mason's shoulder and in.

It was the seventh goal of the season for Stajan, four of them coming in his last six games.

Stajan has 10 points (six goals, four assists) in his last 13 games after picking up just six in the season's first 39 games.

Up until that point, it looked Mason was going to steal the win for the Blue Jackets in regulation, after starting the game on the bench.

Sanford, who had beaten Calgary twice this year, exited the game with a lower-body injury with 5:23 left in the first period after facing two shots. He appeared to injure his leg while involved in a scramble to the side of the net.
THE CANADIAN PRESS

Cure for Columbus

3-0-1

Columbus, which has by far the worst record in the NHL, finishes the season series against the Flames at 3-0-1 after Sunday's victory.

Miami meets with Smith after Manning snub

Alex Smith with the 49ers last season.
JAMIE SQUIRE/GETTY IMAGES FILE

Even in the off-season, the Miami Dolphins' quarterback carousel keeps spinning.

After being spurned by Peyton Manning, the Dolphins had a brief, unproductive courtship with Matt Flynn, then turned their attention Sunday to Alex Smith, the San Francisco 49ers free agent.

Smith left the Miami complex after a 5 1/2-hour meeting. Dolphins officials declined to comment on any details about this visit.

The 49ers had been working to re-sign Smith but also went to North Carolina last Tuesday to watch Manning work out at Duke. Smith, the No. 1 overall 2005 draft pick, enjoyed his best season in 2011 under first-year 49ers coach Jim Harbaugh.

Smith and Manning have the same agent, Tom Condon.

Winless in the post-season since 2000, Miami made signing Manning their top priority, but he told them Thursday he would sign elsewhere.

They then courted Flynn, the former Green Bay Packers backup who had ties to new Dolphins coach Joe Philbin.

Miami planned another QB interview Monday, when they were to host veteran David Garrard, a person familiar with the negotiations said. The person confirmed the visit to The Associated Press on condition of anonymity because the team had not publicly discussed its plans.

Garrard, a starter for Jacksonville from 2005 to 2010, didn't play last season. He was released five days before the opener by the Jaguars, then underwent back surgery in October. THE ASSOCIATED PRESS

Pivots aplenty

17th

A new starting quarterback would be the Dolphins' 17th since Dan Marino retired after the 1999 season.

Flynn off the market

Matt Flynn visited Miami on Saturday, then agreed to terms Sunday on a three-year deal with the Seattle Seahawks.

- The move gives Seattle one of the most wanted — yet unproven — free agents. Flynn has been stuck behind All-Pro Aaron Rodgers in Green Bay.
- The terms of the deal were not released by the team, but ESPN.com reported that Flynn's deal is worth up to $24 million US.

In brief

Keselowski wins big in Bristol

Brad Keselowski used Bristol Motor Speedway last fall to cement his spot in NASCAR's championship race. Back at the track Sunday in Tennessee, Keselowski again made his way to Victory Lane. And he again began to think about a Sprint Cup title. Keselowski led a career-best and race-high 232 laps, then held off Daytona 500 winner Matt Kenseth on a late restart to cruise to his first victory of the season. "What can I say? I love Bristol and Bristol loves me," said Keselowski.
THE ASSOCIATED PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-NY Rangers	71	44	20	2	5	195	158	95	24-9-0-2	20-11-2-3	4-5-1-0	L2
d-Boston	71	41	27	1	2	228	178	85	21-13-1-1	20-14-0-1	4-6-0-0	W1
d-Florida	71	35	23	5	8	180	197	83	20-9-1-7	15-14-4-1	6-3-0-1	W4
Pittsburgh	71	44	21	3	3	231	180	94	24-8-2-0	20-13-1-3	9-0-1-0	L1
Philadelphia	72	42	22	2	6	231	204	92	19-10-1-4	23-12-1-2	8-1-0-1	W1
New Jersey	72	41	26	2	3	198	187	87	20-13-0-3	21-13-2-0	6-3-1-0	L1
Ottawa	73	37	26	6	4	221	213	84	19-14-2-2	18-12-4-2	5-3-0-2	L1
Washington	72	36	30	3	3	193	205	78	23-10-1-2	13-20-2-1	5-4-1-0	L2
Winnipeg	72	34	30	4	4	192	203	76	23-11-1-3	11-19-3-1	5-4-0-1	L1
Buffalo	72	33	29	4	6	180	204	76	18-11-3-5	15-18-1-1	6-2-0-2	L2
Carolina	73	29	29	9	6	194	217	73	18-13-1-5	11-16-8-1	5-3-2-0	W3
Toronto	72	32	32	4	4	208	219	72	16-13-3-3	16-19-1-1	3-6-0-1	W2
Tampa Bay	71	32	32	4	3	199	240	71	21-13-1-1	11-19-3-2	5-4-1-0	L2
NY Islanders	72	29	32	7	4	168	211	69	15-16-5-1	14-16-3-2	3-4-2-1	W1
Montreal	73	28	33	3	9	191	203	69	13-15-2-7	15-17-2-2	4-3-2-1	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dx-St. Louis	73	46	19	1	7	189	142	100	28-4-1-3	18-15-0-4	7-2-0-1	W1
d-Vancouver	71	43	20	1	7	223	180	94	21-10-0-4	22-10-1-2	4-4-1-1	W1
d-Dallas	72	39	28	1	4	189	192	83	20-13-0-3	19-15-1-1	7-2-0-1	L2
Nashville	71	42	21	3	5	206	186	92	23-8-2-3	19-14-1-2	6-3-0-1	W1
Detroit	72	44	24	2	2	221	174	92	28-4-1-1	16-20-1-1	3-6-1-0	L4
Chicago	73	40	25	4	4	222	212	88	25-7-1-4	15-18-3-0	7-2-0-1	W3
Phoenix	73	36	26	3	8	191	188	83	18-12-2-4	18-14-1-4	3-5-0-2	W1
Colorado	74	39	30	3	2	194	195	83	21-15-0-1	18-15-3-1	6-3-0-1	W1
San Jose	71	36	25	5	5	194	181	82	21-11-2-1	15-14-3-4	4-3-1-2	W2
Los Angeles	72	35	25	5	7	167	157	82	19-13-0-4	16-12-5-3	7-3-0-0	W3
Calgary	73	34	26	5	8	182	199	81	20-9-1-5	14-16-4-3	6-1-1-2	L2
Anaheim	73	30	32	5	6	180	203	71	19-16-2-0	11-16-3-6	3-6-1-0	L2
Minnesota	71	29	32	2	8	153	199	68	15-15-1-3	14-17-1-5	2-7-0-1	L3
Edmonton	72	28	36	3	5	190	213	64	18-15-2-3	10-21-1-2	3-5-1-1	L1
Columbus	72	23	42	2	5	166	231	53	13-20-1-2	10-22-1-3	5-5-0-0	W1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Yesterday's results
Columbus 2 Calgary 1 (SO)
Phoenix 3 Edmonton 2 (SO)
Carolina 4 Winnipeg 3
Philadelphia 3 Pittsburgh 2 (OT)
Chicago 5 Washington 2
Nashville 3 Anaheim 1
Saturday's results
Toronto 3 Ottawa 1
Vancouver 4 Columbus 3
N.Y. Islanders 3 Montreal 2 (SO)
Boston 3 Philadelphia 2 (SO)
Pittsburgh 5 New Jersey 2
Carolina 5 Minnesota 3
Colorado 3 N.Y. Rangers 1
St. Louis 3 Tampa Bay 1
Florida 3 Buffalo 2 (SO)
Los Angeles 4 Nashville 2
San Jose 3 Detroit 2 (OT)
Tonight's games
Toronto at Boston, 7 p.m.
New Jersey at N.Y. Rangers, 7:30 p.m.
Buffalo at Tampa Bay, 7:30 p.m.
Washington at Detroit, 7:30 p.m.
Vancouver at Minnesota, 8 p.m.
Anaheim at San Jose, 10 p.m.

HURRICANES 4, JETS 3

First Period
1. Carolina, Jokinen 11, 7:41 (sh)
2. Winnipeg, Antropov 13 (Stapleton, Stuart) 11:41
Penalties — Jokinen Car (slashing) 4:08, Joslin Car (cross-checking) 7:30, Allen Car (boarding) 8:05, Wheeler Wpg (hooking) 12:12, Burmistrov Wpg (boarding) 13:07, Kane Wpg (tripping) 17:49.
Second Period
3. Carolina, Staal 20 (Brent, Tlusty) 5:46 (pp)
4. Winnipeg, Miettinen 1 (Kane, Enstrom) 10:29 (pp)
5. Winnipeg, Miettinen 2 (Machacek) 18:54
Penalties — Stuart Wpg (interference) 5:21, Dwyer Car (high-sticking, fighting), Machacek Wpg (roughing, fighting) 6:09, Tlusty Car (hooking) 8:29, Bogosian Wpg (charging, game misconduct; served by Wellwood) 10:41, Ruutu Car (interference) 14:25.
Third Period
6. Carolina, Staal 21 (Jokinen) 10:24
7. Carolina, LaRose 17 (Staal, Jokinen) 18:38
Penalties — None.
Shots on goal by

Carolina	7	9	19	35
Winnipeg	12	7	14	33

Goal — Carolina: Ward (W,26-21-12); Winnipeg: Pavelec (L,27-24-7).
Power plays (goals-chances) — Carolina: 1-5; Winnipeg: 0-5.
Referee — Dean Morton, Chris Rooney. **Linesmen** — Mark Wheler, Derek Nansen.
Attendance — 15,004 (15,004).

COYOTES 3, OILERS 2 (SO)

First Period
No Scoring.
Penalties — Yandle Phx, Petrell Edm (fighting) 1:25, Jones Edm (roughing) 4:29, Hanzal Pho (holding the stick) 5:40.
Second Period
1. Edmonton, Eberle 32 (Jones) 6:53
2. Edmonton, Hemsky 6 (Petry, Smid) 7:26
Penalties — None.
Third Period
3. Phoenix, Whitney 22, 7:58
4. Phoenix, Torres 14 (Brule) 17:37
Penalties — None.
Overtime
No Scoring.
Missed penalty shot — Yandle Phx, 2:42.
Penalty — Yandle Phx (kneeing) 0:27, Petry Edm (hooking) 4:21.
Shootout
Phoenix wins 2-1
Phoenix (2) — Boedker, goal; Whitney, goal. Edmonton (1) — Eberle, miss; Gagner, goal; Nugent-Hopkins, miss.
Shots on goal by

Phoenix	12	12	12	6—42
Edmonton	9	16	12	1—38

Goal — Phoenix: Smith (W,32-18-8); Edmonton: Dubnyk (L,16-17-2).
Power plays (goals-chances) — Phoenix: 0-2; Edmonton: 0-2.
Referees — Mike Hasenfratz, Greg Kimmerly. **Linesmen** — Brian Mach, Brian Murphy.
Attendance — 16,839 (16,839).

BLUE JACKETS 2, FLAMES 1 (SO)

First Period
1. Columbus, Nikitin 5 (Lebda, Boyce) 13:03
Penalties — Giordano Cal (hooking) 7:32, Boll Clb, Desbiens Cal (fighting) 13:10, Moore Clb (hooking) 16:35.
Second Period
No Scoring.
Penalties — Boll Clb (illegal check to head) 6:31, J.Johnson Clb (hooking) 15:42.
Third Period
2. Calgary, Stajan 7 (Glencross, Comeau) 8:34
Penalties — Columbus bench (too many men; served by Prospal) 2:18, Glencross Cal (slashing) 3:45, Dorsett Clb (interference), Glencross Cal (high-sticking) 6:13.
Overtime
No Scoring.
Penalties — None.
Shootout
Columbus wins 1-0
Columbus (1) — Nash, miss; Letestu, miss; J.Johnson, miss; Atkinson, goal.
Calgary (0) — Tanguay, miss; Jokinen, miss, Glencross, miss; Iginla, miss.
Shots on goal by

Columbus	5	3	9	1—18
Calgary	7	16	6	2—31

Goal (shots-saves) — Columbus: Sanford (2-2), Mason (W,12-23-3)(14:37 first, 29-28); Calgary: Kiprusoff (L,31-19-9).
Power plays (goals-chances) — Columbus: 0-2; Calgary: 0-4.
Referees — Mike Leggo, Rob Martell. **Linesmen** — Mike Cvik, Vaughan Rody.
Attendance — 19,289 (19,289).

SATURDAY

CANUCKS 4, BLUE JACKETS 3

First Period
1. Columbus, Prospal 12 (Atkinson, Mason) 7:55
2. Vancouver, Booth 15 (Higgins, Hamhuis) 16:16
3. Vancouver, D.Sedin 29 (H.Sedin) 17:35
Penalty — Bieksa Vcr (interference) 3:35.
Second Period
4. Vancouver, Edler 11 (Schneider) 12:38 (pp)
5. Columbus, J.Johnson 11 (Johansen) 16:00
Penalty — J.Johnson Clb (holding) 11:40.
Third Period
6. Vancouver, D.Sedin 30 (H.Sedin, Edler) 15:19 (pp)
7. Columbus, Wisniewski 5 (J.Johnson, Letestu) 16:24
Penalties — Higgins Vcr (delay of game) 0:57, Lebda Clb (tripping) 12:45, Wisniewski Clb (hooking) 15:02.
Shots on goal by

Columbus	11	7	18	36
Vancouver	14	12	12	38

Goal — Columbus: Mason (L,12-23-3); Vancouver: Schneider (W,16-6-1). **Power plays (goals-chances)** — Columbus: 0-2; Vancouver: 2-3.
Referees — Stephen Walkom, Rob Martell.
Linesmen — Mike Cvik, Brian Mach.
Att. — 18,890 (18,860) at Vancouver.

ISLANDERS 3, CANADIENS 2 (SO)

First Period
1. Montreal, Palushaj 1 (Nokelainen) 2:53
Penalties — Martin NYI, White Mtl (fighting) 9:01, Reasoner NYI (tripping) 12:26, Okposo NYI (holding) 16:08.
Second Period
2. N.Y. Islanders, Streit 6 (Nielsen) 2:00 (pp)
3. N.Y. Islanders, Nielsen 14 (Hamonic, Bailey) 16:05
Penalties — Parenteau NYI (hooking), Leblanc Mtl (holding) 8:34, Parenteau NYI (diving), Leblanc Mtl (hooking) 11:19, Subban Mtl (holding) 19:44.
Third Period
4. Montreal, Leblanc 4 (Subban, Budaj) 3:38
Penalty — Streit NYI (delay of game) 18:43.
Overtime
No Scoring.
Penalties — None.
Shootout
N.Y. Islanders win 3-2
Montreal (2) — Desharnais, goal; Plekanec, miss; Pacioretty, miss; Bourque, goal; Eller, miss; Markov, miss.
N.Y. Islanders (3) — Nielsen, goal; Tavares, miss; Parenteau, miss; Moulson, goal; Okposo, miss; Bailey, goal.
Shots on goal by

N.Y. Islanders	12	18	7	1—38
Montreal	10	9	7	4—30

Goal — N.Y. Islanders: Montoya (W,7-6-5); Montreal: Budaj (L,3-6-3). **Power plays (goals-chances)** — N.Y. Islanders: 1-2; Montreal: 0-4.
Referees — Justin St-Pierre, Eric Furlatt.
Linesmen — Steve Barton, Scott Cherrey.
Attendance — 21,273 (21,273).

MAPLE LEAFS 3, SENATORS 1

First Period
No Scoring.
Penalties — MacArthur Tor, Gonchar Ott (fighting) 11:22, Ashton Tor (goaltender interference) 18:03.
Second Period
1. Toronto, Connolly 11, 7:20
Penalties — Grabovski Tor, Schenn Tor (fighting), (fighting, double game misconduct), Neil Ott (fighting, game misconduct), Foligno Ott (fighting) 13:23, Connolly Tor, Smith Ott (roughing) 19:45.
Third Period
2. Toronto, Kessel 35 (Gardiner, Bozak) 0:53 (pp)
3. Toronto, Phaneuf 10 (Kessel, Gardiner) 12:02 (pp)
4. Ottawa, Greening 14 (Kuba, O'Brien) 18:51
Penalties — O'Brien Ott (hooking) 0:27, Steckel Tor (holding) 1:24, Komisarek Tor, Michalek Ott (roughing) 2:23, Phaneuf Tor (tripping) 2:34, Foligno Ott (holding) 7:56, Alfredsson Ott (slashing), Ottawa bench (too many men; served by Foligno) 11:07, Komisarek Tor (roughing), Rosehill Tor (misconduct), Foligno Ott (roughing) 15:31.
Shots on goal by

Toronto	4	8	6	18
Ottawa	7	14	9	30

Goal — Toronto: Reimer (W,13-12-4); Ottawa: Bishop (L,3-1-2). **Power plays (goals-chances)** — Toronto: 2-4; Ottawa: 0-3.
Referees — Brad Watson, Don VanMassenhoven. **Linesmen** — Scott Driscoll, Michel Cormier.
Att. — 20,500 (19,153) at Ottawa.

LACROSSE

NLL

WEEK 11
Saturday's results
Buffalo 13 Minnesota 10
Philadelphia 16 Edmonton 15
Friday's result
Buffalo 21 Toronto 14

MLB

SPRING TRAINING

Yesterday's results
Boston 8, Tampa Bay 4
Detroit 11, Washington 7
Minnesota 10, Pittsburgh 0
Toronto 10, Philadelphia 2
Atlanta 2, Baltimore (ss) 2, tie, 10 innings
Houston 9, N.Y. Mets 5
St. Louis 4, Miami 2
Chicago Cubs (ss) 3, Texas (ss) 2
Colorado (ss) vs. Seattle at Peoria, Ariz., ccd., Rain
Texas (ss) vs. Milwaukee at Phoenix, Ariz., ccd., Rain
Chicago White Sox 7, Chicago Cubs (ss) 5, 10 innings
L.A. Dodgers 1, L.A. Angels 1, tie, 6 innings
Kansas City 6, Cleveland 4
Colorado (ss) vs. San Diego (ss) at Peoria, Ariz., ccd., Rain
Arizona (ss) 8, Cincinnati 7
San Diego (ss) 5, San Francisco 1
Oakland 11, Arizona (ss) 2
Baltimore (ss) 6, N.Y. Yankees 3

NBA

Yesterday's results
Atlanta 103, Cleveland 87
L.A. Clippers 87, Detroit 83, OT
Sacramento 115, Minnesota 99
Memphis 97, Washington 92
Miami 91, Orlando 81
Phoenix 99, Houston 86
Utah at L.A. Lakers
Portland at Oklahoma City
Saturday's results
L.A. Clippers 95, Houston 91
Charlotte 107, Toronto 103
New York 102, Indiana 88
Chicago 89, Philadelphia 80
New Orleans 102, New Jersey 94
Denver 98, Boston 91
Utah 99, Golden State 92, OT
Dallas 106, San Antonio 99
Monday's Games
Philadelphia at Charlotte, 7 p.m.
Boston at Atlanta, 7:30 p.m.
Cleveland at New Jersey, 7:30 p.m.
Chicago at Orlando, 8 p.m.
Minnesota at Golden State, 10:30 p.m.
Dallas at Denver, 10:30 p.m.

GOLF

TRANSITIONS CHAMPIONSHIP

At Oakm Harbor, Fla.
Par 71
Final Round
(x-won on first playoff hole)

x-Luke Donald, US$990,000	67-68-70-66—271
Sang-Moon Bae, $410,667	69-66-68-68—271
Jim Furyk, $410,667	66-70-66-69—271
Robert Garrigus, $410,667	67-72-68-64—271
Ken Duke, $93,188	68-67-69-68—272

OPEN DE ANDALUCIA COSTA DEL SOL

At Marbella, Spain
Par: 72
Final Round

Julien Quesne	68-72-67-64—271
Matteo Manassero	64-73-68-68—273
Eduardo De La Riva	67-69-68-70—274
David Lynn	70-68-68-69—275
Raphael Jacquelin,	70-68-69-69—276
Also	
Mike Weir	**68-73-72-73—286**

SOCCER

MLS

Yesterday's results
Colorado 2, Philadelphia 1
Los Angeles 3 D.C. United 1
Saturday's results
Montreal 1, Chicago 1, tie
Houston 1, San Jose 0
Sporting Kansas City 3, New England 0
FC Dallas 1, Portland 1, tie
Real Salt Lake 2, New York 0
Seattle FC 3, Toronto FC 1
Vancouver 1, Chivas USA 0

ENGLAND

FA CUP

Quarter-finals
Yesterday's results
Chelsea 5 Leicester 2
Liverpool 2 Stoke 1

PREMIER LEAGUE

Yesterday's results
Wolverhampton Wanderers 0 Man United 5
Newcastle 1 Norwich 0

LEAGUE CHAMPIONSHIP

Yesterday's result
Cardiff 0 Burnley 0

FRANCE

LIGUE 1

Yesterday's results
Lille 4 Valenciennes 0
Rennes 0 Toulouse 1
Sochaux 2 Nice 0

GERMANY

BUNDESLIGA
Hannover 4 Cologne 1
Kaiserslautern 1 Schalke 4

GREECE

Levadiakos 2 Atromitos 2
Panaitolikos 1 PAOK 1
Panionios 2 Drama 0
Xanthi 1 Giannena 2
Panathinaikos vs. Olympiakos (abandoned)

ITALY

SERIE A

Yesterday's results
Bologna 2 Chievo Verona 2
Cagliari 3 Cesena 0
Catania 1 Lazio 0
Inter Milan 0 Atalanta 0
Lecce 1 Palermo 1
Siena 0 Novara 2
Udinese 2 Napoli 2

NETHERLANDS

EREDIVISIE

Yesterday's results
ADO The Hague 0 Ajax 2
AZ Alkmaar 0 NAC Breda 0
FC Twente 0 Feyenoord 2
FC Utrecht 3 FC Groningen 1
PSV Eindhoven 5 SC Heerenveen 1

SCOTLAND

LEAGUE CUP

Final
Celtic 0 Kilmarnock 1
PREMIER LEAGUE
Hearts 2 Hibernian 0

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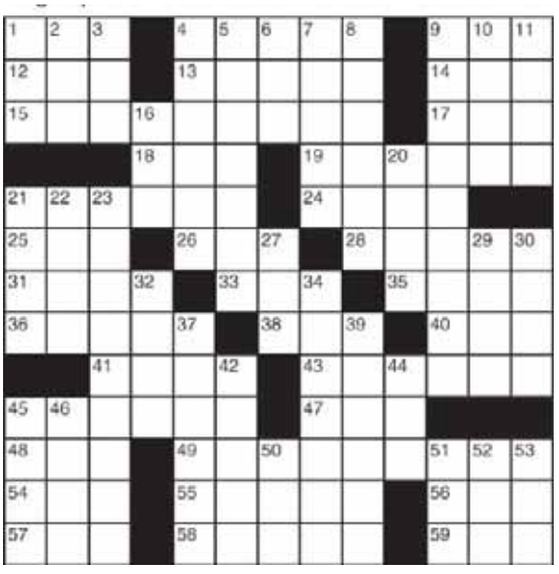
*First to market as of press time
App Store

Crossword



Across

1 Smartphone download
4 Studies hard
9 Golf standard
12 Witness
13 Serf
14 Exist
15 It goes without saying
17 Zero
18 Acapulco gold
19 "Help!"
21 Kermit or Fozzie
24 Lotion additive
25 401(k) alternative
26 Red or Black
28 Power glitch
31 Supermarket stack
33 Knight's address
35 Streamlet
36 Island greeting
38 Unruly group
40 Greek consonants
41 Start from scratch
43 Daredevil's cord
45 Zigzag on the slopes
47 Lingerie item
48 Overactor
49 Praiseful speech
54 Eggs
55 Yonder
56 A Gabor sister
57 — de deux
58 Nymph pursuer
59 Society newcomer

Down

1 Cleopatra's slayer
2 Pod dweller
3 Corral
4 Household tasks
5 TV controls
6 "The Greatest" 7 Mell Lazarus comic strip
8 Filches
9 Catering (to)
10 Operatic solo
11 Depend (on)
16 Upper surface
20 Thy
21 Isinglass
22 Caspian feeder
23 Landscapes
27 Intent
29 Adhesive
30 Otherwise
32 Writer Silverstein
34 Theft
37 Takes as one's own
39 McDonald's offering
42 Nebraska city
44 Aye's opposite
45 Buy stuff
46 Volcanic outflow
50 Trawler need
51 Crimson
52 "— Got a Secret"
53 Taxi

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Friday's answer

Sudoku

	7		4					5
			9				4	8
9	5		6					
	6		3	5		7		9
1		5		6	4		3	
					7		8	6
2	8				6			
6					2		7	

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer

9	4	3	2	6	7	8	1	5
5	7	6	8	1	4	3	9	2
2	8	1	9	5	3	4	7	6
7	6	9	5	3	8	2	4	1
8	3	2	4	7	1	6	5	9
4	1	5	6	2	9	7	8	3
6	5	4	7	9	2	1	3	8
3	9	8	1	4	6	5	2	7
1	2	7	3	8	5	9	6	4

Send a kiss

- **I know what** If it is you, I, don't you wanna look back on this, this and before, and laugh, wondering why? Wtf was wrong with us? Why were we so shy and afraid? and thanking god we got past that in the end..hope that happens, rather sooner than later. From you really wish for
- **Pascalli.** The last time I saw you was at the library and the time before that I saw you in the internet caffe. I would like to see you again, can you come to me and we can kiss all day. Pascalli where are u, are u in toronto, or elsewhere, until we meet again. Kiss Kiss for u. From Jenn
- **Don't.** Yes I want you in my lif, especially outside of this! I wouldn't still be here if I didn't, and want you say something first, you can't say I haven't before, know your sorry, and swallowed my pride a long time ago, I'm completely shameless now, my feelings for you can't you tell?I swear you won't regret it! I want what I had before again and more! Oh, and you can see me now, you can forever, if you want to. From Second guess

Weather

MONDAY	TUESDAY	WEDNESDAY
MAX: 1° MIN: -5°	MAX: 6° MIN: 2°	MAX: 4° MIN: -8°

BT BREAKFAST TELEVISION

ANDREW SCHULTZ
WEATHER SPECIALIST
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta".
WEEKDAYS 5:30 AM

Horoscope

♈ Aries | March 21 - April 20. What other people think about you is of no importance – the only thing that matters is that you have total self-belief.

♉ Taurus | April 21 - May 21. You may be robust but you have limits like everyone else – not just physical but mental and emotional too.

♊ Gemini | May 22 - June 20. Get other people interested in what you are doing.

♋ Cancer | June 21 - July 22. Don't worry about what your colleagues may be doing, just do what is best for you.

♌ Leo | July 23 - Aug. 22. What are the big questions of your existence? Strive to answer them.

♍ Virgo | Aug. 23 - Sept. 22. Over the next few days you will meet a number of important people, the kind of people who can help you make your dream come true.

♎ Libra | Sept. 23 - Oct. 22. Cosmic activity in your opposite sign of Aries this coming week will have a huge effect on your relationships, so put partners and loved ones first.

♏ Scorpio | Oct. 23 - Nov. 21. No one, but no one can ever be allowed to deny you freedom of speech.

♐ Sagittarius | Nov. 22 - Dec. 21. Life will get rather hectic over the next few days, but in a good way. Cosmic activity in the most creative area of your chart will inspire you to produce some of your finest artistic work.

♑ Capricorn | Dec. 22 - Jan 20. Family and other disputes can and must be resolved today.

♒ Aquarius | Jan. 21 - Feb 18. A couple of friends will take opposing positions today and the potential for conflict is high.

♓ Pisces | Feb. 19 - March 20. The planets indicate quite clearly that over the next few days you are going to have to deal with some kind of financial upheaval. It may be difficult but it certainly isn't a crisis.

SALLY BROMPTON

Caption Contest

"Wow, this hot air balloon sure takes the cake."
Christine

MARK BAKER/ THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Wednesday's Metro.

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